

# Group Fitness Schedule

# FORT CAVAZOS



## WINTER 2025

SINGLE CLASS PASS \$3    16 CLASS PASS \$45    Closed Training & Federal Holidays

TIME	Mon	Tues	Wed	Thurs	Fri	Sat
6:30 A.M.		@ST			@ST	
9 A.M.	@APP @ST	@APP	@APP @ST	@APP @ST	@APP @ST	@APP
9:30 A.M.		@APP		@APP		<b>108 Sun Salutations</b> 9-10:30 a.m. @APP Jan 25
10:15 A.M.	@APP		@APP		@APP	<b>Specialty Skills &amp; Drills</b> , 10-11 a.m. @APP after select Saturdays Classes
12 P.M.	@APP	@APP	@APP	@APP	@APP	
5 P.M. SMALL GROUP TRAINING *REGISTRATION REQUIRED	@APP*	@APP*	@APP*	@APP*	<b>Deadlift-OFF</b> 5-7 p.m. @ST Jan 31	<b>QUESTIONS?</b>
5:30 P.M.	@ST	@ST	@ST	@ST	<b>Yoga &amp; Spirits</b> 6-7:15 p.m. @ Sam Adams Feb 7	
6 P.M.	@APP	@APP	@APP	@APP		
6 P.M. SMALL GROUP TRAINING *REGISTRATION REQUIRED		<b>5</b> @ST*		<b>5</b> @ST*	<a href="mailto:emily.v.cox2.naf@army.mil">emily.v.cox2.naf@army.mil</a> <b>254-287-5586</b>	



- Applied Functional Fitness**  
All-encompassing Strength & Conditioning of Constantly Varied Movement
- Spin**  
Energetic, Musically Motivated
- Hatha Yoga**  
Gentle Flow
- Fitness Fusion**  
Fusion of Modalities for Full Body Fitness  
\*children allowed
- Yoga Balance**  
Balanced Movement
- Mixed Fit**  
Dance Fitness Starting Feb 3
- Bounce Bootcamp**  
Cardio and Strength
- Chair One Fitness**  
Chair-based Dance Fitness Starting Feb 3
- \*Tactical TRX**  
Progressive Functional Training with a Variety of Equipment Starting Jan 27
- \*Foundations of Kettlebell and Barbell**  
Starting Feb 4
- \*Big 5 Lifts**  
Starting March 4

UNIT PT RESERVATIONS • PERSONAL & PARTNER TRAINING • NUTRITION COACHING • SMALL GROUP COACHING • MASSAGE THERAPY

**APP = APPLIED PFC**

**ST = STARKER PFC**

[Cavazos.ArmyMWR.com/Fitness](http://Cavazos.ArmyMWR.com/Fitness)

