

GROUP FITNESS CLASSES

AUGUST 2026

NO SUNDAY CLASSES

Collier Fitness **Turner Fitness** **Zoeckler Fitness**

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1 SATURDAY

10:30am Step
Aerobics XHH
Beginner

2 SUNDAY

NO SUNDAY
CLASSES

3 MONDAY

5:30am Vinyasa Flow
Yoga

9:00am Functional
Strength

9:15am Les Mills
Bodyump

6:00pm Cycle

4 TUESDAY

9:15am High Fitness

10:15am Zumba

6:00pm Zumba

5 WEDNESDAY

5:30am Vinyasa Flow
Yoga

9:00am Functional
Strength

9:15am Les Mills
Bodyump

10:15am Cycle

5:30pm Zumba

6 THURSDAY

10:15am Zumba

7 FRIDAY

5:30am Vinyasa Flow
Yoga

9:00am Functional
Strength

8 SATURDAY

NO CLASSES
SCHEDULED

9 SUNDAY

NO SUNDAY
CLASSES

10 MONDAY9:00am Functional
Strength

6:00pm Cycle

11 TUESDAY

10:15am Zumba

6:00pm Zumba

12 WEDNESDAY9:00am Functional
Strength9:15am Les Mills
Bodypump

10:15am Cycle

5:30pm Zumba

13 THURSDAY

10:15am Zumba

14 FRIDAY5:30am Vinyasa Flow
Yoga9:00am Functional
Strength

9:15am High Fitness

15 SATURDAY8:00am Circuit
Training (HIIT)9:00am Zumba

16 SUNDAYNO SUNDAY
CLASSES**17 MONDAY**5:30am Vinyasa Flow
Yoga8:00am Circuit
Training (HIIT)9:00am Functional
Strength9:15am Le Mills
BodyPump

9:30am Zumba

6:00pm Cycle

18 TUESDAY8:00am Circuit
Training (HIIT)

9:15am High Fitness

9:30am Barre (Toning
& Sculpting)

10:15am Zumba

6:00pm Zumba

19 WEDNESDAY5:30am Vinyasa Flow
Yoga8:00am Circuit
Training (HIIT)9:00am Functional
Strength9:15am Les Mills
Bodypump**20 THURSDAY**8:00am Circuit
Training (HIIT)9:00am Circuit
Training (HIIT)

10:15am Zumba

10:30 Barre (Toning &
Sculpting)**21 FRIDAY**5:30am Vinyasa Flow
Yoga8:00am Circuit
Training (HIIT)9:00am Functional
Strength

9:15am High Fitness

10:00am Zumba

10:15am Cycle

11:30am Barre (Toning & Sculpting)

5:30pm Zumba

11:30 Barre (Toning & Sculpting)

22 SATURDAY

8:00am Circuit Training (HIIT)

9:00pm Zumba

23 SUNDAY

NO SUNDAY CLASSES

24 MONDAY

5:30am Vinyasa Flow Yoga

8:00am Circuit Training (HIIT)

9:00am Functional Strength

9:15am Le Mills BodyPump

9:30am Zumba

6:00pm Cycle

25 TUESDAY

8:00am Circuit Training (HIIT)

9:15am High Fitness

9:30 Barre (Toning & Sculpting)

10:15am Zumba

6:00pm Zumba

26 WEDNESDAY

5:30am Vinyasa Flow Yoga

8:00am Circuit Training (HIIT)

9:00am Functional Strength

9:15am Les Mills Bodypump

10:15am Cycle

11:30 Barre (Toning & Sculpting)

5:30pm Zumba

27 THURSDAY

8:00am Circuit Training (HIIT)

9:00am Circuit Training (HIIT)

10:15am Zumba

10:30 Barre (Toning & Sculpting)

28 FRIDAY

5:30am Vinyasa Flow Yoga

8:00am Circuit Training (HIIT)

9:00am Functional Strength

29 SATURDAY

8:00am Circuit Training (HIIT)

9:00pm Zumba

30 SUNDAY

NO SUNDAY CLASSES

9:15am High Fitness

10:00am Zumba

11:30 Barre (Toning & Sculpting)

31 MONDAY

5:30am Vinyasa Flow
Yoga

8:00am Circuit
Training (HIIT)

9:00am Functional
Strength

9:15am Le Mills
BodyPump

9:30am Zumba

6:00pm Cycle

Humphreys.ArmyMWR.com



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