



Do your Soldiers need a change of pace from everyday PT?

Are they lacking motivation?

ESTEP has the solution.

Schedule a

UNIT PT

TUESDAYS & THURSDAYS

0630 - 0730

\$35 per session

cycling classes - 32 / all other classes - 75

Reservations and pre-payment required 2 weeks in advance



KICK BOXING ★ STEP ★ ZUMBA ★ CYCLING ★ YOGA ★ BOOT CAMP



ESTEP WELLNESS CENTER
2270 14th Street & Kentucky Avenue

ARMY FAMILY COVENANT:
Keeping the Promise



FOR MORE INFORMATION CALL

270.798.4664/4023

WWW.FORTCAMPBELLMWR.COM