

GROUP FITNESS SCHEDULE

NOVEMBER



2024

MONDAY

3PM

BODY PUMP

Instructor: Virginia

5PM

YOGA

Instructor: Rosy

TUESDAY

11AM

TOTAL CORE

Instructor: Virginia

11:45AM

SPINNING

Instructor: Gina

5PM

ZUMBA

Instructor: Sheena

WEDNESDAY

12PM

LES MILLS SPRINT

Instructor: Jing

3PM

BODY PUMP

Instructor: Virginia

5PM

YOGA

Instructor: Rosy

THURSDAY

12PM

TOTAL CORE

Instructor: Virginia

3PM

SPINNING

Instructor: Gina

5PM

BODY COMBAT

Instructor: Virginia

FITNESS CENTER

BLDG. 17B

PH 301-295-2450

M-F 4:30AM-8:30PM

SAT 8AM-2PM

GROUP CLASSES ARE FREE FOR ACTIVE DUTY

Class Fees for Non-Active Duty:

\$3 Per Class

\$25 For 10

\$40 Unlimited 30-Day Pass

Most classes are 45-50 min. Spinning, TPT, & Body Combat classes are FEP approved.

TOTAL CORE-30 min. core workout to tighten and tone, improving functional strength.

SPINNING-Invigorating workout on state-of-the-art bikes.

ZUMBA-Intense cardio with boot camp style techniques-a HIIT dance fitness class.

BODY PUMP-Barbell class to strengthen your entire body.

BODY COMBAT-High energy, non-contact, martial arts inspired workout.

LES MILLS SPRINT -A HIIT workout that uses a bike and intervals alternating periods of intense effort and rest

