

GROUP FITNESS SCHEDULE

JANUARY

MONDAY
3PM
BODY PUMP
Instructor: Virginia

TUESDAY
11AM
TOTAL CORE
Instructor: Virginia

11:45AM
SPINNING
Instructor: Gina

WEDNESDAY
12PM
LES MILLS SPRINT
Instructor: Jing

3PM
BODY PUMP
Instructor: Virginia

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.

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.



2025

