

# GROUP FITNESS SCHEDULE

# MARCH



# 2025

## MONDAY

**3 PM**  
**BODY PUMP**  
Instructor: Virginia

**5 PM**  
**ZUMBA**  
Instructor: Sylvie

## TUESDAY

**11 AM**  
**TOTAL CORE**  
Instructor: Virginia

**11:45 AM**  
**SPINNING**  
Instructor: Gina

**5 PM**  
**PILOXING**  
Instructor: Tashika

## WEDNESDAY

**12 PM**  
**YOGA**  
Instructor: Tashika

**12 PM**  
**LES MILLS SPRINT**  
Instructor: Jing

**3 PM**  
**BODY PUMP**  
Instructor: Virginia

## THURSDAY

**12 PM**  
**TOTAL CORE**  
Instructor: Virginia

**3 PM**  
**SPINNING**  
Instructor: Gina

**5 PM**  
**BODY COMBAT**  
Instructor: Virginia

## FITNESS CENTER

BLDG. 17B  
PH 301-295-2450  
M-F 4:30 AM-8:30 PM  
SAT 8 AM-2 PM

**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.

**YOGA**- A breath-linked flow that will stretch and tone the body.

**ZUMBA**- An invigorating Latin inspired, dance fitness class.

**PILOXING** - A high-energy interval workout that blends the power and speed of Boxing with the targeted sculpting and flexibility of Pilates.

