

# GROUP FITNESS SCHEDULE

# SEPTEMBER

# 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

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 HITT dance fitness class.

BODY PUMP-Barbell class to strengthen your entire body.

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

