

GROUP FITNESS SCHEDULE DECEMBER



2024

MONDAY

3 PM BODY PUMP

Instructor: Virginia

5 PM YOGA

Instructor: Rosy

TUESDAY

11 AM TOTAL CORE

Instructor: Virginia

11:45 AM SPINNING

Instructor: Gina

WEDNESDAY

12 PM LES MILLS SPRINT

Instructor: Jing

3 PM BODY PUMP

Instructor: Virginia

5 PM YOGA

Instructor: Rosy

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-Physical poses,
breathing exercises, and
meditation to improve
mind and body.

