

GROUP FITNESS SCHEDULE FEBRUARY

February

2025

MONDAY

12 PM
ZUMBA

Instructor: Tashika

3 PM
BODY PUMP

Instructor: Virginia

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

