

GROUP FITNESS SCHEDULE

JANUARY



2025

MONDAY
3PM
BODY PUMP
Instructor: Virginia

5PM
YOGA

Instructor: TBD

TUESDAY
11AM
TOTAL CORE
Instructor: Virginia

11:45AM
SPINNING
Instructor: Gina

5PM
ZUMBA
Instructor: TBD

WEDNESDAY
12PM
LES MILLS SPRINT
Instructor: Jing

3PM
BODY PUMP
Instructor: Virginia

4PM
PILOXING
Instructor: TBD

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.

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

ZUMBA- An invigorating Latin inspired, dance fitness class.

PILOXING KNOCKOUT- Is a high intensity, plyometric, functional core-centric program, which conquers obstacles and challenges your fitness level.

