

GROUP FITNESS SCHEDULE

MAY



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.

