

GROUP FITNESS SCHEDULE FEBRUARY



2026

MONDAY

9 AM MAT PILATES

Instructor: Tashika

3 PM BODY PUMP

Instructor: Virginia

5 PM ZUMBA

Instructor: Ruiz

TUESDAY

6 AM GRACE & GRIT

Instructor: Ty

11 AM TOTAL CORE

Instructor: Virginia

11:45 AM SPINNING

Instructor: Gina

WEDNESDAY

9 AM YOGA

Instructor: Tashika

11 AM GRACE & GRIT

Instructor: Ty

3 PM BODY PUMP

Instructor: Virginia

THURSDAY

12 PM TOTAL CORE

Instructor: Virginia

3 PM SPINNING

Instructor: Gina

5 PM BODY COMBAT

Instructor: Virginia

FRIDAY

12 PM TONE

Instructor: Jing

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, Grace & Grit, &
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 TONE -A mix of
cardio, resistance and core
while playing with different
training concepts to ensure
everyone gets a great
workout.

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

ZUMBA - An invigorating Latin
inspired, dance fitness class.

MAT PILATES - A Series of
exercises from within the
Pilates Method designed to be
performed on the mat to
strengthen and tone the body.

GRACE & GRIT - Faster,
stronger, quicker! Designed to
improve overall fitness and
performance with functional
movement.

