

GROUP FITNESS SCHEDULE

AUGUST



2026

MONDAY

3 PM BODY PUMP
Instructor: Virginia

4:30 PM ZUMBA
Instructor: Ruiz

TUESDAY

11 AM TOTAL CORE
Instructor: Virginia

11:45 AM SPINNING
Instructor: Gina

3 PM MOBILITY & MUSCLE
Instructor: Trae

WEDNESDAY

11 AM GRACE & GRIT
Instructor: Ty

3 PM BODY PUMP
Instructor: Virginia

5 PM YOGA
Instructor: Michelle

THURSDAY

12 PM TOTAL CORE
Instructor: Virginia

3 PM SPINNING
Instructor: Gina

5 PM BODY COMBAT
Instructor: Virginia

FRIDAY

12 PM TONE
Instructor: Jing

SATURDAY
9AM MOBILITY & MUSCLE
Instructor: Trae

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.

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

MOBILITY & MUSCLE - Move
better. Get stronger. Stay pain-free.
This high-level bootcamp blends
mobility, functional training, and
strength work to build real-world
performance and prevent injuries.

