

GROUP FITNESS SCHEDULE

JULY



20 25

MONDAY

3 PM

BODY PUMP

Instructor: Virginia

1 PM

PILOXING

Instructor: Tashika

5 PM

ZUMBA

Instructor: Sylvie

TUESDAY

11 AM TOTAL CORE

Instructor: Virginia

11:45 AM

SPINNING

Instructor: Gina

WEDNESDAY

12 PM

YOGA

Instructor: Tashika

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, 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 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.

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

