

GROUP FITNESS SCHEDULE

APRIL



2026

MONDAY

3 PM BODY PUMP

Instructor: Virginia

4:30 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: Michelle

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

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.

