

GROUP FITNESS SCHEDULE

OCTOBER



2025

MONDAY

9 AM

MAT PILATES

Instructor: Tashika

3 PM

BODY PUMP

Instructor: Virginia

5 PM

ZUMBA

Instructor: Sylvie

TUESDAY

11 AM

TOTAL CORE

Instructor: Virginia

11:45 AM

SPINNING

Instructor: Gina

WEDNESDAY

9 AM

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

STONE

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.

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

