

GROUP FITNESS SCHEDULE JANUARY



20 26

MONDAY

9 AM
MAT PILATES
Instructor: Tashika

3 PM
BODY PUMP
Instructor: Virginia

5 PM
ZUMBA
Instructor: Ruiz

TUESDAY

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.

