GROUP FITNESS SCHEDULE

OCTOBER

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

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.
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.

MWR
MORALE, WELFARE AND RECREATION
FITNESS