

GROUP FITNESS SCHEDULE

JULY



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

2 PM MOBILITY & MUSCLE

Instructor: Trae

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

SATURDAY

9 AM 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

Non-Active Duty Class Fees:

\$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.

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.

