

# GROUP FITNESS SCHEDULE

# MAY



# 2026

## MONDAY

### 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

### 2 PM MOBILITY & MUSCLE

Instructor: Trae

### 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

### 2 PM 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 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.

**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. Designed for all levels—whether you're rebuilding or leveling up.

**GRACE & GRIT** - Faster, stronger, quicker! Designed to improve overall fitness and performance with functional movement.

