

MACLAUGHLIN FITNESS CENTER

JANUARY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 New Year's Day Facility Closed	2 Holiday Hours 8am – 4pm	3 Holiday Hours 8am – 4pm	4
5	6 Spin w/Sarah 5:45-6:45pm	7 Yoga w/Aliyah 6:00-7:00pm	8 Spin w/Sarah 5:45-6:45pm	9 Yoga w/Aliyah 6:00-7:00pm	10	11 Yoga w/Aliyah 9:00-10:00am
12	13 Spin w/Sarah 5:45-6:45pm	14 Yoga w/Aliyah 6:00-7:00pm	15 Spin w/Sarah 5:45-6:45pm	16 Yoga w/Aliyah 6:00-7:00pm	17 Training Holiday 8AM – 4PM	18 Yoga w/Aliyah 9:00-10:00am
19	20 Martin Luther King Jr. Day 8am – 4pm	21 Yoga w/Aliyah 6:00-7:00pm	22 Spin w/Sarah 5:45-6:45pm	23 Yoga w/Aliyah 6:00-7:00pm	24	25 Yoga w/Aliyah 9:00-10:00am
26	27 Spin w/Sarah 5:45-6:45pm	28 Yoga w/Aliyah 6:00-7:00pm	29 Spin w/Sarah 5:45-6:45pm	30 Yoga w/Aliyah 6:00-7:00pm	31	

GROUP CLASSES:

LOCATED AT MACLAUGHLIN FITNESS
CENTER BUILDING: 4320
PHONE: 804.735.3070

*FOR CLASSES DURING PT HOURS PLEASE
ENSURE YOU ARE WEARING THE CORRECT
DRESS CODE (PT'S VS. CIVILIANS) *

PLEASE MAKE SURE TO BRING A WATER
BOTTLE AND TOWEL TO CLASSES

Cycling w/Coach Sarah

Fast paced workout climb, sprint and
train to incredible music while making
your legs burn.

Group Fitness Class Pricing:

Day Pass: \$7 – One Class

Punch Card: \$35 – Ten Classes

Hatha Yoga w/Aliyah

Hatha Yoga integrates posture,
breathing exercises, relaxation and
meditation to harmonize you - body,
mind and spirit.

