

# MACLAUGHLIN FITNESS CENTER

# MARCH 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Yoga w/Aliyah 9:00-10:00am *Clark Fitness Center <sup>1</sup>
2	3 Spin w/Sarah 5:45-6:45pm *Warrior Zone	4 Yoga w/Aliyah 6:00-7:00pm *Clark Fitness Center	5 Spin w/Sarah 5:45-6:45pm *Warrior Zone Zumba w/Nikisha 6:00-7:00 PM *Clark Fitness Center	6 Yoga w/Aliyah 6:00-7:00pm *Clark Fitness Center	7	8 Yoga w/Aliyah 9:00-10:00am *Clark Fitness Center
9	10 Spin w/Sarah 5:45-6:45pm	11 Yoga w/Aliyah 6:00-7:00pm	12 Spin w/Sarah 5:45-6:45pm Zumba w/Nikisha 6:00-7:00 PM	13 Yoga w/Aliyah 6:00-7:00PM	14	15 Yoga w/Aliyah 9:00-10:00am
16  NO SPIN TODAY	17	18 Yoga w/Aliyah 6:00-7:00pm	19 Spin w/Sarah 5:45-6:45pm Zumba w/Nikisha 6:00-7:00 PM	20 NO YOGA TODAY	21	22 NO YOGA TODAY
23	24 Spin w/Sarah 5:45-6:45pm	25 NO YOGA TODAY	26 Spin w/Sarah 5:45-6:45pm	27 Yoga w/Aliyah 6:00-7:00pm	28	29 Yoga w/Aliyah 9:00-10:00am

## GROUP CLASSES:

LOCATED AT MACLAUGHLIN FITNESS

CENTER BUILDING: 4320

PHONE: 804.765.3070

\*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.

### \*Temporary Closure For Training

March 1 – March 9<sup>th</sup>

Spin Classes will be moved to the Warrior Zone at Building 3650, Clark Avenue.

Yoga and Zumba Classes will be moved to the Clark Fitness Center at Building 2414, Clark Avenue.

### Zumba w/Nikisha

Dance-based fitness technique combining salsa, samba, merengue, reggaeton and hip-hop w/cardio moves = fast paced, heart-pumping workout.

