

MACLAUGHLIN FITNESS CENTER

December 2024

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|----------------------------------|--------------------------------------|---|------------------------------------|---------------------|---|
| 1 | 2 NO SPIN TODAY | 3 Yoga w/Aliyah 6:00-7:00pm | 4 Spin w/Sarah 5:45-6:45pm NO ZUMBA TODAY | 5 NO YOGA TODAY | 6 | 7 NO YOGA TODAY |
| 8 | 9 Spin w/Sarah 5:45-6:45pm | 10 Yoga w/Aliyah 6:00-7:00pm | 11 Spin w/Sarah 5:45-6:45pm NO ZUMBA TODAY | 12 Yoga w/Aliyah 6:00-7:00pm | 13 | 14 Yoga w/Aliyah 9:00-10:00am |
| 15 | 16 NO SPIN TODAY | 17 Yoga w/Aliyah 6:00-7:00pm | 18 NO SPIN TODAY | 19 Yoga w/Aliyah 6:00-7:00pm | 20 Holiday Hours | 21 Candlelight Yin Yoga Flow 9:00-11:00am Holiday Hours |
| 22 | 23 Holiday Hours | 24 Holiday Hours | 25 Christmas Day | 26 Holiday Hours | 27 Holiday Hours | 28 Holiday Hours |
| 29 | 30 Holiday Hours | 31 New Years Eve Holiday Hours | Happy 2025! | | | |

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.

Candlelight Yin Yoga Flow Yoga w/Aliyah

Join us for a rejuvenating yoga session aimed at helping you unwind, relax, and refresh your spirit, enhanced by the soothing sounds of a crystal bowl sound bath.

Zumba w/Nikisha

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



Holiday Hours 8:00AM - 4:00PM