

# MACLAUGHLIN FITNESS CENTER

# FEBRUARY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Yoga w/Aliyah 9:00-10:00am
2	3 Spin w/Sarah 5:45-6:45pm	4 Yoga w/Aliyah 6:00-7:00pm	5 Spin w/Sarah 5:45-6:45pm	6 Yoga w/Aliyah 6:00-7:00pm	7	8 NO YOGA TODAY
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	13 Couple's Yoga 6:00-7:00pm ❤️	14 HOLIDAY HOURS 8:00am - 4:00pm	15 NO YOGA TODAY HOLIDAY HOURS 8:00am - 4:00pm
16 HOLIDAY HOURS 8:00am - 4:00pm	17 President's Day HOLIDAY HOURS 8:00am - 4:00pm	18 Yoga w/Aliyah 6:00-7:00pm *Clark Fitness Center	19 Spin w/Sarah 5:45-6:45pm *Warrior Zone	20 Yoga w/Aliyah 6:00-7:00pm *Clark Fitness Center	21	22 Yoga w/Aliyah 9:00-10:00am *Clark Fitness Center
23	24 Spin w/Sarah 5:45-6:45pm *Warrior Zone	25 Yoga w/Aliyah 6:00-7:00pm *Clark Fitness Center	26 Spin w/Sarah 5:45-6:45pm *Warrior Zone	27 Yoga w/Aliyah 6:00-7:00pm *Clark Fitness Center	28	

## 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.

**\*Temporary Closure For Training**  
**February 14th – March 6th**  
**Spin Classes** will be moved to the Warrior Zone at Building 3650, Clark Avenue.

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

**Valentine's Week - Fitness Program** ❤️  
MacLaughlin Fitness Center  
February 10th - 13th

