

# MACLAUGHLIN FITNESS CENTER

# August 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday			
		Yoga w/Aliyah 6:00-7:00pm		Yoga w/Aliyah 6:00-7:00pm	1	2	3	Yoga w/Aliyah 9:00-10:00am	
4	Spin w/Sarah 5:45-6:30pm	5	6	Yoga w/Aliyah 6:00-7:00pm	7	8	9	10	Yoga w/Aliyah 9:00-10:00am
		Yoga w/Aliyah 6:00-7:00pm	Spin w/Sarah 5:45-6:30pm Zumba w/Kisha 6:00-7:00pm		Yoga w/Aliyah 6:00-7:00pm				
11	Spin w/Sarah 5:45-6:30pm	12	13	14	15	16	17	Yoga w/Aliyah 9:00-10:00am	
		Yoga w/Aliyah 6:00-7:00pm	Spin w/Sarah 5:45-6:30pm Zumba w/Kisha 6:00-7:00pm		Yoga w/Aliyah 6:00-7:00pm				
18	Spin w/Sarah 5:45-6:30pm	19	20	21	22	23	24	Yoga w/Aliyah 9:00-10:00am	
		Yoga w/Aliyah 6:00-7:00pm	Spin w/Sarah 5:45-6:30pm Zumba w/Kisha 6:00-7:00pm		Yoga w/Aliyah 6:00-7:00pm				
25	Spin w/Sarah 5:45-6:30pm	26	27	28	29	30	31	Yoga w/Aliyah 9:00-10:00am	
		Yoga w/Aliyah 6:00-7:00pm	Spin w/Sarah 5:45-6:30pm Zumba w/Kisha 6:00-7:00pm		Yoga w/Aliyah 6:00-7:00pm				

## 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

### Hatha Yoga w/Aliyah

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

### Zumba w/Nikisha

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

### Group Fitness Class Pricing:

Day Pass: \$7 – One Class

Punch Card: \$35 – Ten Classes

\*Coming Soon\*

\*Cycling w/Yolanda\*

\*Brazilian Jiu Jitsu (BJJ)\*

