

MACLAUGHLIN FITNESS CENTER

December 2024

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

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

Candlelight Yin Yoga Flow w/Aliyah

Tis the season, happy to announce our
first Christmas Restorative - Yin Yoga and
Crystal Bowl Sound Bath event. Practice
followed by blissful sounds.

Cost: \$7.00 per person (No Discounts)

