

# MACLAUGHLIN FITNESS CENTER

# APRIL 2025

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

## 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.

### Zumba w/Nikisha

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

