

FORT GREGG-ADAMS FAMILY & MWR FITNESS CLASSES

MAY 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
1 HIIT 6:00 - 7:00 p.m.	2	3 Zumba* 6:00 - 7:00 p.m.  Sample this class for *FREE	4	<p>Miles For May Put 50 miles on a treadmill or elliptical, or 100 miles on a stationary bike at any of the fitness centers for a prize. FREE</p> <p>HIIT High Intensity Interval Training A challenging workout with equipment & bodyweight that alternates between quick intensity & slow recovery while burning maximum calories. Open to all fitness levels.</p> <p>Zumba Fusing Latin rhythms with dance & aerobics. Interval training with resistance training improves cardiovascular fitness while burning fat. Open to all fitness levels.</p> <p>Learn To Play Pickleball Join in the nation's fastest-growing sport. A combination of ping pong, badminton, and tennis, this game is perfect for all ages and fitness levels. Drop into MacLaughlin Fitness Center on every Wednesday this month (May 3, 10, 17, 24 & 31), 10:00 a.m. - 1:00 p.m., to play. No registration required. FREE</p>
8 HIIT* 6:00 - 7:00 p.m.  Sample this class for *FREE	9	10 Zumba 6:00 - 7:00 p.m.	11	
15 HIIT 6:00 - 7:00 p.m.	16	17 Zumba 6:00 - 7:00 p.m.	18	
22 HIIT 6:00 - 7:00 p.m.	23	24 Zumba 6:00 - 7:00 p.m.	25	
29 	30	31 Zumba 6:00 - 7:00 p.m.		



NOTE: The cost is \$7 per class or 10 classes for \$35.
 You must be 18 years of age in order to attend the fitness classes and have a valid military ID card.
 All classes are held at MacLaughlin Fitness Center. Personal Training and Running Coaching services are available.
Purchase your fitness classes in person at MacLaughlin Fitness Center or online at
gregg-adams.armymwr.com/programs/fitness-classes-1