

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 NO ZUMBA TODAY	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 NO ZUMBA TODAY	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 NO ZUMBA TODAY	19 Yoga w/Aliyah 6:00-7:00pm	20 Holiday Hours	21 Holiday Hours Candlelight Yin Yoga Flow 9:00-11:00 AM
22	23 Holiday Hours	24 Holiday Hours	25 Christmas Day	26 Holiday Hours	27 Holiday Hours	28 Holiday Hours
29	30 Holiday Hours	31 New Years Eve Holiday Hours	Happy 2025!			

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

