

MACLAUGHLIN FITNESS CENTER

November 2024

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

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

