

MACLAUGHLIN FITNESS CENTER

October 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Yoga w/Aliyah 6:00-7:00pm	2 Spin w/Sarah 5:45-6:30pm Zumba w/Nikisha 6:00-7:00 PM	3 Yoga w/Aliyah 6:00-7:00pm	4	5 Yoga w/Aliyah 9:00-10:00am
6	7 Spin w/Sarah 5:45-6:30pm	8 Yoga w/Aliyah 6:00-7:00pm	9 Spin w/Sarah 5:45-6:30pm Zumba w/Nikisha 6:00-7:00 PM	10 Yoga w/Aliyah 6:00-7:00pm	11	12 Yoga w/Aliyah 9:00-10:00am
13	14 NO SPIN TODAY	15 Yoga w/Aliyah 6:00-7:00pm	16 Spin w/Sarah 5:45-6:30pm Zumba w/Nikisha 6:00-7:00 PM	17 Yoga w/Aliyah 6:00-7:00pm	18	19 NO YOGA TODAY
20	21 Spin w/Sarah 5:45-6:30pm 	22 Yoga w/Aliyah 6:00-7:00pm	23 Spin w/Sarah 5:45-6:30pm Zumba w/Nikisha 6:00-7:00 PM 	24 Yoga w/Aliyah 6:00-7:00pm 	25	26 Yoga w/Aliyah 9:00-10:00am
27	28 Spin w/Sarah 5:45-6:30pm	29 Yoga w/Aliyah 6:00-7:00pm	30 Spin w/Sarah 5:45-6:30pm Zumba w/Nikisha 6:00-7:00 PM	31	 Breast Cancer Awareness Month These three classes will be free to attend in honor of those who have fought and are fighting breast cancer.	

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.

Coming Soon!

Cycling w/Yolanda*

Brazilian Jiu Jitsu (BJJ)

Zumba w/Nikisha

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

