

MACLAUGHLIN FITNESS CENTER

FEBRUARY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 Yoga w/Aliyah 9:00-10:00am
2	3 Spin w/Sarah 5:45-6:45pm	4 Yoga w/Aliyah 6:00-7:00pm	5 Spin w/Sarah 5:45-6:45pm	6 Yoga w/Aliyah 6:00-7:00pm	7	8 Yoga w/Aliyah 9:00-10:00am
9	10 Spin w/Sarah 5:45-6:45pm	11 Yoga w/Aliyah 6:00-7:00pm	12 Spin w/Sarah 5:45-6:45pm	13 Yoga w/Aliyah 6:00-7:00pm	14 Facility Temporarily Closed Until March 8th	15
16	17 President's Day	18 Yoga w/Aliyah 6:00-7:00pm *Warrior Zone	19 Spin w/Sarah 5:45-6:45pm *Warrior Zone	20 Yoga w/Aliyah 6:00-7:00pm *Warrior Zone	21	22 Yoga w/Aliyah 9:00-10:00am *Warrior Zone
23	24 Spin w/Sarah 5:45-6:45pm *Warrior Zone	25 Yoga w/Aliyah 6:00-7:00pm *Warrior Zone	26 Spin w/Sarah 5:45-6:45pm *Warrior Zone	27 Yoga w/Aliyah 6:00-7:00pm *Warrior Zone	28	

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.

*Temporary Closure For Training

February 14th – March 6th

All Fitness Program classes will be moved
to the Warrior Zone at Building 3650,
Clark Avenue.

