

# MACLAUGHLIN FITNESS CENTER

## June 2025

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

## GROUP CLASSES:

LOCATED AT MACLAUGHLIN FITNESS

CENTER BUILDING: 4320

PHONE: 804.765.3070

\*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.

### Zumba w/Nikisha

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



SCAN QR CODE  
FOR MONTHLY  
FITNESS  
CALENDAR

