

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 President's Day	17	18 Yoga w/Aliyah 6:00-7:00pm *Clark Fitness Center	19 Spin w/Sarah 5:45-6:45pm *Warrior Zone	20 Yoga w/Aliyah 6:00-7:00pm *Clark Fitness Center	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 *Clark Fitness Center	26 Spin w/Sarah 5:45-6:45pm *Warrior Zone	27 Yoga w/Aliyah 6:00-7:00pm *Clark Fitness Center	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

Spin Classes will be moved to the
Warrior Zone at Building 3650, Clark
Avenue.

Yoga Classes will be moved to the Clark
Fitness Center at Building 2414, Clark
Avenue.

