

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 NO ZUMBA TODAY | 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 NO ZUMBA TODAY | 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 NO ZUMBA TODAY | 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 NO ZUMBA TODAY | 28 Thanksgiving | 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

