

# MACLAUGHLIN FITNESS CENTER

# September 2024

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

## 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

### \*Coming Soon!\*

Cycling w/Yolanda\*

\*Brazilian Jiu Jitsu (BJJ)\*

