

MACLAUGHLIN FITNESS CENTER

APRIL 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31 Spin w/Sarah 5:45-6:45pm	1 NO YOGA TODAY	2 Spin w/Sarah 5:45-6:45pm	3 NO YOGA TODAY	4	5 NO YOGA TODAY
6	7 Spin w/Sarah 5:45-6:45pm	8 Yoga w/Aliyah 6:00-7:00pm	9 Zumba w/Nikisha 6:00-7:00 PM Spin w/Sarah 5:45-6:45pm	10 Yoga w/Aliyah 6:00-7:00pm	11	12 Yoga w/Aliyah 9:00-10:00am
13	14 Spin w/Sarah 5:45-6:45pm	15 Yoga w/Aliyah 6:00-7:00pm	16 Zumba w/Nikisha 6:00-7:00 PM Spin w/Sarah 5:45-6:45pm	17 Yoga w/Aliyah 6:00-7:00PM	18	19 Yoga w/Aliyah 9:00-10:00am
20	21 NO SPIN TODAY	22 Yoga w/Aliyah 6:00-7:00pm	23 Zumba w/Nikisha 6:00-7:00 PM Spin w/Sarah 5:45-6:45pm	24 Yoga w/Aliyah 6:00-7:00pm	25	26 Yoga w/Aliyah 9:00-10:00am
27	28 Spin w/Sarah 5:45-6:45pm	29 Yoga w/Aliyah 6:00-7:00pm	30 Spin w/Sarah 5:45-6:45pm			

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.

