

MACLAUGHLIN FITNESS CENTER

MAY 2025

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|---|-------------------------------------|--|------------------------------------|----------------------------------|-------------------------------------|
| | | | | 1 Yoga w/Aliyah 9:00-10:00am | 2 | 3 Yoga w/Aliyah 9:00-10:00am |
| 4 | 5 Spin w/Sarah 5:45-6:45pm | 6 Yoga w/Aliyah 6:00-7:00pm | 7 Zumba w/Nikisha 6:00-7:00 PM Spin w/Sarah 5:45-6:45pm | 8 Yoga w/Aliyah 6:00-7:00pm | 9 | 10 Yoga w/Aliyah 9:00-10:00am |
| 11 | 12 Spin w/Sarah 5:45-6:45pm | 13 Yoga w/Aliyah 9:00-10:00am | 14 Zumba w/Nikisha 6:00-7:00 PM Spin w/Sarah 5:45-6:45pm | 15 Yoga w/Aliyah 6:00-7:00PM | 16 | 17 Yoga w/Aliyah 9:00-10:00am |
| 18 | 19 Spin w/Sarah 5:45-6:45pm | 20 NO YOGA TODAY | 21 Zumba w/Nikisha 6:00-7:00 PM Spin w/Sarah 5:45-6:45pm | 22 NO YOGA TODAY | 23 Holiday Hours 0800-1600 | 24 NO YOGA TODAY |
| 25 | 26 Holiday Hours 0800-1600 NO SPIN CLASS | 27 NO YOGA TODAY | 28 Zumba w/Nikisha 6:00-7:00 PM Spin w/Sarah 5:45-6:45pm | 29 NO YOGA TODAY | 30 | 31 |

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

