

GROUP FITNESS CLASSES



Monday	4:15pm	Strong Nation	Studio A	Energy Zone
	5:30pm	Zumba	Studio A	Energy Zone
Tuesday	9:30am	13 Station Foundation	Studio A	Energy Zone
	11:30am	HIIT the Erg	Court 2	Drill Hall
	4:30pm	13 Station Foundation	Studio A	Energy Zone
Wednesday	4:15pm	HIIT Circuits	Studio A	Energy Zone
	5:30pm	Sculpt & Burn	Studio A	Energy Zone
Thursday	9:30am	13 Station Foundation	Studio A	Energy Zone
	11:30am	HIIT the Erg	Court 2	Drill Hall
Drill Hall Bldg. 458		Energy Zone Bldg. 1586		Pool Bldg. 458

FREE: Active Duty, Active Duty Dependents, Reserve and Dependents, Retired Military

Cost: DOD, RET DEP, CTR - \$5 per class; \$35 for 10 classes; \$60 for 20 classes

All Classes Are Drop-in except HIIT the ERG (Reservation required due to limited equip.)

Passes can be purchased in the Fitness Office inside the Drill Hall. Call 301-757-3943 for more info.

13 Station Foundation: A total body workout incorporating strength, flexibility, speed, agility, balance and coordination. This is a 13 station circuit set to challenge yourself using various equipment including dumbbells, stability balls, BOSU, kettlebells, TRX, battle rope, medicine ball, and sliders. This efficient workout is suitable for all levels as you can work at your own pace and modify the exercises to suit your level of intensity.

HIIT the Erg: A heart pumping workout targeting both cardiovascular and muscular endurance. This high intensity full body interval training incorporates rowing with strength training using body weight and various equipment with short bursts of cardio on the erg. This fun workout is suitable for all levels as you can work at your own pace and accommodate the workout to suit your level of intensity. Get your sweat on and finish strong!

Zumba ®: Fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program. It is a combination of fast and slow rhythms that tones and sculpts the body using an aerobic approach to achieve balanced cardio and muscle toning benefits

Strong Nation: Full body, bodyweight muscle conditioning, using high intensity and plyometrics where every move is synched to Music! Modifications and progressions available for all fitness levels

HIIT CIRCUITS: Brief but intense movements followed by active recovery or rest. These workouts are a combo of bodyweight and equipment based moves followed by core work. HIIT maintains healthy metabolism, improves oxygen usage in the body, and helps the body burn more calories, even up to 24hrs after workout!

Sculpt & Burn- A combination of muscle conditioning and fat burning workouts using low impact movements. These types of training are safe and effective for all type fitness levels, and allows one to progress or modify as needed while still burning fat and sculpting muscles.