

Energy Zone

Group Exercise Schedule

STUDIO A (Group Fitness Studio)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Pax Pump 11:30a.m.-12:30p.m.	Body Attack™ 5:30-6:30a.m.	Pax Pump 5:30-6:30a.m.	Body Attack™ 5:30-6:30a.m.	Move 5:30-6:30a.m.	Body Step 8 -9 a.m.
Pax Pump 4:30-5:30p.m.	Body Step 11:30a.m.-12:30p.m. Body Pump 4:30-5:30p.m.	Body Pump 11:30a.m.-12:30p.m. Body Step 4:30-5:30p.m. Zumba 5:30-6:30p.m.	Zumba 11:30a.m.-12:30p.m. Body Pump 4:30-5:30p.m.	Pax Pump 11:30a.m.-12:30p.m.	Body Pump 9-10 a.m.

STUDIO C (Cycle Studio)

Monday	Tuesday	Wednesday	Thursday
Spinning™ 5:45-6:45a.m.	Spinning™ & Core 5:45-6:45a.m.	Spinning™ 4:45-5:45p.m.	Spinning™ & Core 5:45-6:45a.m.
Spinning™ 4:45-5:45p.m.			

WEBSTER FIELD (Group Fitness) *Bldg. 8125



Monday	Tuesday	Wednesday	Thursday
	Circuit Fitness 4:30-5:30p.m.		Circuit Fitness 4:30-5:30p.m.

Group Fitness, Cycle, Water Fitness, Webster Field

All Classes Are Drop-in

FREE:

Active Duty
Retired
Reservist Military

Cost: DOD, DEP, CTR

\$4.50 per class
\$26 for 8 classes,
\$55 for 20 classes,
\$120 for 6 months unlimited

POOL (Water Fitness) *located in the Drill Hall

Monday	Tuesday	Wednesday	Thursday	Friday
Aqua Aerobics 9 -10 a.m.	Aqua Aerobics 5 - 6 p.m.	Aqua Aerobics 9 - 10 a.m.	Aqua Aerobics 5 - 6 p.m.	Aqua Aerobics 9 -10 a.m.

STUDIO B (Mind-Body Studio)

Monday	Tuesday	Wednesday	Thursday
Pilates 11:45a.m.-12:45p.m.	Mixed Level Yoga 11:45a.m.-12:45p.m.	Pilates 11:45a.m.-12:45p.m.	Yoga Levels 1-2 11:45a.m.-12:45p.m.
Yoga Stretch & Flex 5:45-6:45p.m.			

Mind-Body Pricing

All Classes Are Drop-in

Pilates:
\$70 for 8 Class Pass
Yoga:

**New Schedule
Starting
September 10**



**STAY
CONNECTED**



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