

Energy Zone

Group Exercise Schedule

STUDIO A (Group Fitness Studio)					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Body Pump 5:30-6:30a.m.	Body Attack™ 5:30-6:30a.m.	Pax Pump 5:30-6:30a.m.	RIPPED/Rumble 5:30-6:30a.m.	Pax Pump 11:30a.m.-12:30p.m.	Body Step 8:00-9:00a.m.
Pax Pump 11:30a.m.-12:30p.m.	Body Step 11:30a.m.-12:30p.m.	Body Pump 11:30a.m.-12:30p.m.	Zumba 11:30a.m.-12:30p.m.		Body Pump 9:00-10:00a.m.
Pax Pump 4:30-5:30p.m.	Body Pump 4:30-5:30p.m.	Body Step 4:30-5:30p.m.	Body Pump 4:30-5:30p.m.		
Zumba 5:30-6:30p.m.	RIPPED/Rumble 5:30-6:30p.m.	Zumba 5:30-6:30p.m.	Body Attack™ 5:30-6:30p.m.		

Group Fitness, Cycle, Water Fitness

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

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.			

POOL (Water Fitness) *located in the Drill Hall

Monday	Tuesday	Wednesday	Thursday	Friday
Aqua Aerobics 9:00-10:00a.m.	Aqua Aerobics 5:00-6:00p.m.	Aqua Aerobics 9:00-10:00a.m.	Aqua Aerobics 5:00-6:00p.m.	Aqua Aerobics 9:00-10:00a.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:
\$75 for 8 Class Pass
Yoga:
\$80 for 8 Class Pass

All class passes can be purchased in the Fitness & Sports Office inside the Drill Hall. Call 301-757-3943 for more info.

Body Pump™: A class using barbells and adjustable weights to tone and condition muscles while raising metabolic rate for fat-burning.

Body Attack™: Is the sports-inspired full-body cardio workout for building speed, fitness, strength and agility.

Body Step™: Uses a height-adjustable step and simple movements on, over and around the step. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

Pax Pump: Increase your muscular strength with this weight-training workout. Uses weights, bands, bars, and body weight.

Spinning™: Cross train by rotating through three stages of endurance, interval and strength sessions in order to gain overall fitness success.

Spinning™ and Core: A high intensity 30-45 minute cardiovascular workout followed by a 15 minute hard core ab/low back workout!

Distance Spinning™: A full 60 minutes of cycling designed to teach the body to sustain a longer calorie burning workout.

Move: A group exercise class that will incorporate M - Mind body O - Optional Equipment V - Vigorous movement E - Extended Stretch.

Zumba®: Fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program

Aqua Aerobics: Enjoy the benefits of both shallow and deep water in this low-impact, high intensity workout.

R.I.P.P.E.D: combines Resistance, Interval, Power, Plyometrics, Endurance, core and a very important Diet program. Designed to help everybody meet their ultimate fitness goals in a super fun group exercise environment.

RUMBLE by R.I.P.P.E.D: is an authentic, yet simple to master, cardio mixed martial arts adapted for the group exercise environment!

Pilates: Unique method of body conditioning that involves a series of movements performed on the mat. Targeting the deep postural muscles building strength and rebalancing the body as well as improving posture, flexibility, coordination, concentration and control of the body.

Yoga Stretch & Flex: A basic class to release tension and reduce stress through gentle yet active stretching, movements, and postures that calm the nervous system while also building flexibility and strength. Suitable for all levels.

Mixed Level Yoga: A class offering a dynamic sequence of postures and breath work, ending with deep relaxation. Suitable for all levels.

Yoga Levels 1-2: A detail-oriented class focusing on alignment along with strength and flexibility. Suitable for all levels.



