Group Fitness Schedule — October

NSA MWR Bethesda, MD

GROUP FITNESS STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
↓format change	0515 (45 min)Dorothy Sculpt & Abs		0515 (45 min)Dorothy Sculpt & Abs	0515 (45 min) Dorothy Kangoo	
					0915 Angie BODY COMBAT
				1115 (30 min) Juli On The Ball	1015 Sam BODY FLOW
1145 (45 min) Beth BODY STEP	1145 (45 min) Ebony ZUMBA	1145(45 min) Deanne STEP	1145 (45 min) Ebony BODYPUMP	1145 (45 min) Alee Kangoo	1115 Alee Kangoo
1230 (30 min) Beth CXWORX	1230 (45 min) Ebony BODY FLOW	1230(45 min) Deanne BODYPUMP	1230 (45 min) Ebony BODY FLOW	1230 (30 min) Alee CXWORX	1215 (30 min) Alee CXWORX
1600 (45 min) Margaret BODY STEP	1600 Alee Kangoo	1600 Curtis BODYPUMP	1600 Alee Kangoo	1600 Alee BODYPUMP	
1645 (45 min) Margaret BODYPUMP	1700 Allyson Sculpt & Abs	1700 Angie BODY COMBAT	1700 Dorothy ZUMBA	1700 Fern BODY FLOW	
1730 (45 min) Ebony ZUMBA	1800 Sam BODY FLOW	1800 Karen Yoga	1800(30 min) Angie CXWORX	1800 Haru BODY ATTACK	NO CLASSES: Friday 5 Oct.- Monday 8 Oct.
1815 Cecilia BODY FLOW		1900 (30 min) Lisa CXWORX	1830 Haru BODY ATTACK		All classes are 55 minutes unless otherwise noted

SPINNING STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
0515 Francella SPINNING	0515 Steve SPINNING	0515 Dorothy SPINNING		0515 Francella SPINNING	
					0915 Sibyl rpm
1145 Wendye SPINNING	1145 Juli SPINNING	1145 Sibyl rpm ZEPHYR	1145 Wendye SPINNING		1015 Anna SPINNING
1615 Sibyl rpm			1615 Jenny SPINNING		All cycle classes are 45 minutes
1715 Angie SPINNING	1715 Angie SPINNING	1715 Curtis SPINNING with ZEPHYR	1715 Jenny SPINNING		ZEPHYR™ technology gives you real time physiological monitoring of your conditioning and performance. Track your heart rate, breathing rate, and caloric expenditure to maximize your workout!
	1815 Allyson SPINNING				

Classes are subject to change due to instructor availability . CHECK OUT OUR AQUA FITNESS CLASSES ON THE AQUATICS SCHEDULE!!!!!! For Questions or Comments, Contact: K.Devon.Smith@gmail.com & Amanda. Kozay@med.navy.mil