

# GROUP FITNESS SCHEDULE

# MAY



# 2026

## MONDAY

### 3 PM BODY PUMP

Instructor: Virginia

### 4:30 PM ZUMBA

Instructor: Ruiz

## TUESDAY

### 11 AM TOTAL CORE

Instructor: Virginia

### 11:45 AM SPINNING

Instructor: Gina

### 2 PM MOBILITY & MUSCLE

Instructor: Trae

## WEDNESDAY

### 9 AM YOGA

Instructor: Michelle

### 11 AM GRACE & GRIT

Instructor: Ty

### 3 PM BODY PUMP

Instructor: Virginia

### 5 PM YOGA

Instructor: Michelle

## THURSDAY

### 12 PM TOTAL CORE

Instructor: Virginia

### 3 PM SPINNING

Instructor: Gina

### 5 PM BODY COMBAT

Instructor: Virginia

## FRIDAY

### 12 PM TONE

Instructor: Jing

## SATURDAY

### 9AM MOBILITY & MUSCLE

Instructor: Trae

## FITNESS CENTER

BLDG. 17B

PH 301-295-2450

M-F 4:30 AM-8:30 PM

SAT 8 AM-2 PM

**GROUP CLASSES ARE  
FREE FOR ACTIVE DUTY**

**Class Fees for Non-Active  
Duty:**

\$3 Per Class

\$25 For 10

\$40 Unlimited 30-Day Pass

Most classes are 45-50 min.  
Spinning, Grace & Grit, &  
Body Combat classes are FEP  
approved.

**TOTAL CORE**-30 min. core  
workout to tighten and tone,  
improving functional strength.  
**SPINNING**-Invigorating workout  
on state-of-the-art bikes.

**BODY PUMP**-Barbell class to  
strengthen your entire body.

**BODY COMBAT**-High energy,  
non-contact, martial arts  
inspired workout.

**LES MILLS TONE** -A mix of  
cardio, resistance and core  
while playing with different  
training concepts to ensure  
everyone gets a great workout.

**YOGA**- A breath-linked flow  
that will stretch and tone the  
body.

**ZUMBA**- An invigorating Latin  
inspired, dance fitness class.

**GRACE & GRIT** - Faster,  
stronger, quicker! Designed to  
improve overall fitness and  
performance with functional  
movement.

**MOBILITY & MUSCLE** - Move  
better. Get stronger. Stay pain-  
free. This high-level bootcamp  
blends mobility, functional  
training, and strength work to  
build real-world performance  
and prevent injuries.

