

# DAHLGREN FITNESS CENTER

17540 DAHLGREN RD. BLDG. 1610 | 540 653 8580 | OPEN TO ALL WITH BASE ACCESS

## GROUP EXERCISE CLASSES

UPDATED  
12 JUNE 2023

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
0630-0715		INDOOR CYCLING			
0700-0745				TRX	
0900-1000	TRX	SWEAT		SWEAT	
1630-1730	CIRCUIT TRAINING		CIRCUIT TRAINING		

## CLASS DESCRIPTIONS

**INDOOR CYCLING:** All levels welcome! Pedal through hill climbs, sprints and other challenging drills & exercises. Get a great workout & improve cardiovascular conditioning while listening to exciting music.

**SWEAT:** Break a sweat with weights, getting your heart rate up & testing muscle endurance. This class works the entire body & leaves you feeling challenged, motivated & ready to come back for more.

**TRX:** This class combines suspension and bodyweight training with high-intensity intervals to help build strength, core, and flexibility. Get stronger and move better with TRX! For all levels.

**CIRCUIT TRAINING:** Build your muscular endurance and cardiovascular fitness with this intense and effective workout targeting various muscle groups. Be ready to be challenged!

### COST

Active-duty, Retired Military & Dependents: Free

Single Class: \$4 | 8-class Punch: \$24 | 20-class Punch: \$50 | Monthly Pass: \$15

### PERSONAL TRAINING *(rates are per 1-hour session and include a free consultation)*

Active-Duty \$10 | Retired Military & Dependents: \$15 | DoD Civilian & Contractor: \$20



[WWW.NAVYMWRDAHLGREN.COM/FITNESS-SPORTS](http://WWW.NAVYMWRDAHLGREN.COM/FITNESS-SPORTS)