



# January Gaffney Group Fitness Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <b>NO FITNESS CLASSES 1 &amp; 20 JAN</b>		<b>WDDD® Butts &amp; Guts</b> 0515-0615		<b>NEW</b> <b>WDDD® L.I.F.T.</b> 0630-0730	<b>new class format</b> <b>AQUA (Deb)</b> 0800-0845
<b>HOT HULA Fitness® (Ashley)</b> 1000-1100	<b>Zumba GOLD (Doris&amp;Kenise)</b> 1000-1100	<b>Belly Dance Conditioning (Shannon)</b> 1100-1200	<b>Zumba GOLD (Doris&amp;Kenise)</b> 1000-1100		<b>Zumba (Nicole &amp; Michelle)</b> 1000-1100
<b>Zumba (Nicole)</b> 1130-1230	<b>HAPPY NEW YEAR 2020</b> 			<b>Zumba (Sylvia)</b> 1200-1300	
<b>WDDD® Power Pyramid</b> 1715-1815	<b>WDDD® Kettlebells</b> 1715-1745	<b>WDDD® Body Blast</b> 1715-1815	<b>WDDD® Medicine Balls</b> 1715-1745	<b>Buy a pass for a great deal!</b> \$30 for 10 classes, \$60 for 20 (\$5 for drop-ins/guests) *we accept <u>exact</u> cash or check. Non-transferable, valid 90 days	
<b>Zumba (Michelle)</b> 1800-1900	<b>Body Tone (Adele)</b> 1715-1815	<b>Zumba (Natalhy)</b> 1730-1830	<b>Body Tone (Adele)</b> 1715-1815	<b>Zumba (Michelle)</b> 1800-1900	
<b>starts Jan 6</b> <b>Boxing (Amanda)</b> 1815-1915	 <b>BOXING</b>	<b>starts Jan 8</b> <b>Boxing (Amanda)</b> 1815-1915	<b>starts Jan 9</b> <b>Boxing (Amanda)</b> 1815-1915	 <b>BOXING</b>	<b>IS BACK!</b>
	<b>Zumba STEP (Michelle)</b> 1830-1930	<b>Soul Line Dancing (Anna)</b> 1830-1930	<b>HOT HULA Fitness® (Ashley)</b> 1830-1930	 SPORTS • FITNESS • AQUATICS	

## SPIN CLASSES

<b>WDDD® Freestyle Spin</b> 0515-0615	<b>Sunrise Spin (Maliki)</b> 0530-0630	<b>UNIT PT SPIN</b> <i>By appointment only. Email sylvia.l.garcia.naf@mail.mil</i>	<b>Sunrise Spin (Julie)</b> 0530-0630	<b>WDDD® Freestyle Spin</b> 0515-0615	<b>JAN 25 SPECIAL: WDDD® Freestyle Spin</b> 0915-1015
<b>SPIN (Adele)</b> 1715-1815		<b>HIP-HOP SPIN (Adele)</b> 1715-1815	<b>New Year's Revolution Fitness Fest Jan 11, 2020 @ GAFFNEY 0930-1230</b>		

## CLASS DESCRIPTIONS

**Belly Dance Conditioning:** A non-impact full-body fitness class that brings the muscular isolations of belly dance, exercises and principles from Yoga and Pilates, and brings it all together for a fun and very effective total core workout like non other. This class is perfect for anyone who wants to improve their fitness, mobility, posture, or reduce back and body pain.

**Body tone:** Full body resistance training for all age groups and abilities. You'll perform exercises using mats, dumbbells, and bodyweight to tone your body from head to toe! An awesome playlist will help you forget how hard you are working.

**BOXING:** A workout designed with boxing combinations as part of a balanced training plan. boxing produces a total-body training effect for the development of strength and mobility to make you strong, toned, and unbelievably fit. (in Combatives room AND Boxing room 1815-1915)

**Hot Hula fitness®:** Dance away calories to drumbeats and hip-hop/reggae with HOT HULA fitness®. Our workouts are effective, fun for all ages and fitness levels and easy to follow. You have nothing to lose, just weight and inches. Go for it!

**Soul Line Dancing class:** Dancing is Therapy for the mind, body, & soul! \*\*A fun way to stay fit and healthy\*\* SOUL Line dancing offers something for everyone. Come learn the latest beginner choreographed dances to great rhythm and blues music while enjoying many other health benefits (reduce stress, increase stamina, and improve posture, balance, and coordination).

**SPIN/HIP-HOP SPIN:** This short super high intensity class is for all levels. Blast away calories with high energy spinning drills, interval training, and strength rides. Great cardiovascular workout simulating a variety of hill climbs, flat roads, and sprints to upbeat tunes. This class is for all fitness levels Bring towel and water bottle.

**Zumba®:** fuses INTERNATIONAL rhythms and moves to create Exercise in Disguise utilizing the naturally occurring intervals of the music. All levels are welcome! Please try ALL instructors. We all have a distinct style and will give you wonderful variety in your workout as well as our Zumba playlist!

**Zumba® Step:** Combine the awesome toning and strengthening power of Step aerobics, with the fun fitness-party that only Zumba® brings to the dance-floor. Benefits. Zumba® Step increase cardio and calorie burning, while adding moves that define and sculpt your core and legs.

**Zumba GOLD®:** Zumba Gold is perfect for Young Adults and Active Older Adults looking for a modified Zumba class that recreates the original moves you love at a lower intensity.

## H2O FITNESS CLASS

**AQUA:** In the water anything goes. This class plays with fun new equipment and old standards while offering a low/no impact workout that will have you sweating. Classes may be held in shallow or deep water, but don't worry, no swimming skills are required.

## WDDD® CLASSES are brought to you by April, owner of WANT DIFFERENT DO DIFFERENT.

**WDDD® Body Blast:** is an all inclusive, dynamic, and multifaceted strength and conditioning workout designed to improve your overall fitness level; Utilizing ground based exercises that revolve around static sets followed by dynamic blasts, this class targets the whole body leaving you drenched in sweat and empowered like never before. The class is "Different" every time you come and you're better every time you leave! All levels are welcome!

**WDDD® Butts and Guts:** will Reduce, Shape, Tone and Lift those stubborn areas in your glutes, abs, hamstrings and quads by focusing on the major muscles of your buttocks, legs and core - incorporating floor and upright exercises.

**WDDD® Medicine Balls:** this class incorporates both the Dual Grip Medicine Balls and our Weighted Medicine Balls. the Medicine Ball exercises will bridge the gap between conventional strength and endurance exercises. These exercises teach the summation of force from the ground through the legs, through the core, and out through the arms. The medicine ball takes many standard core exercises up a notch in a comfortable and functional way. Because holding a ball is a bit more natural than holding a barbell or dumbbells, using it in a core series increases intensity. All levels are welcome as we use all sizes/weights of balls. Ready to have some fun and get a great workout in? JOIN US TODAY!

**WDDD® Freestyle Spin:** This a great cardiovascular workout. Pedal through hill climbs, sprints, endurance, and many other challenging drills and exercises. Great Music, Great Energy, Great Workout!

**WDDD® L.I.F.T.:** *Light to Moderate Weights. Individual Intensity. Functional Fitness. Training* - In this Upper Body strength training class you will perform a wide variety of exercises to tone and sculpt each muscle group in the upper body, arms, shoulders, pecs, delta and lats. This class is ideal for those seeking the look of long and lean muscles, in a low-impact environment. Come join us in choosing to Do Different. All fitness levels welcome.

**WDDD® Power Pyramid** is challenging strength training workout designed to raise and lower the heart rate through building blocks of strength and cardio exercises. These exercise sets will both increase and decrease progressively throughout the duration of the class, maximizing the caloric burn and sculpting your entire body. This class targets all major muscle groups by using a wide variety of body weight functional exercises. Ready to Do Different? All levels welcome!

Fitness Coordinator:: 301-677-2349/3716 **NO CLASSES ON FEDERAL HOLIDAYS.** Gaffney Hours of Operation: Mon-Fri 0500-2000, Sat, Sun, & Hol 0700-1500.  
Gaffney Fitness Center, 6330 Broadfoot Rd., Ft. Meade, MD 20755 . **CLASSES FOR 18+ ONLY**