

DECEMBER GAFFNEY GROUP FITNESS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	SATURDAY CLASSES	
0515-0615		WDDD® Plyo	WDDD® Butts and Guts	WDDD® Plyo		0745-0845	Water Aerobics (Staff)
SEE CLASS FOR TIME	WDDD® Triple Threat 0630-0700		HIIT (Natalie) 0630-0715		WDDD® Total Body 0630-0730	0800-0915 *75 min	Divine Breath Yoga (Candace)
SEE CLASS FOR TIME		Zumba GOLD (Doris & Kenise) 1000-1100	Belly Dance Conditioning (Shannon) 1100-1200	Zumba GOLD (Doris & Kenise) 1000-1100	WDDD® Kettlebells 1130-1200	1000-1045 (time change)	Train Tactical (Natalie)
1210-1310	WDDD® Butts and Guts 1200-1300	***NEW*** WDDD® Total Body 1200-1300	Zumba (Sylvia)	***NEW*** WDDD® Resistance Bands 1215-1300	Zumba (Sylvia)	***NEW*** 1000-1100	Zumba (Natalhy)
1630-1730	Vinyasa Yoga (Jamie)	Pre Natal Yoga (Erika)	Vinyasa Yoga (Jamie)	Gentle Yoga for Beginners (Lori)	POUND® Fit (Brittany) resumes Jan 2018	FIRST CLASS FREE!	
1730-1830		Body Tone (Adele)	***NEW*** POUND® Fit (Brittany)	Body Tone (Adele)	Zumba (Natalhy)		
1830-1930	Zumba (Natalhy)	Box Fit 1830 Cardio Intervals 1945 Circuits	***NEW*** Strength & Core (Crystal)	***NEW*** Dance Club Fitness (Crystal)	CLASS FEES \$3 ONE TIME DROP-IN 10 CLASS PASS \$20 20 CLASS PASS \$40		
1930-2030	Belly Dance Conditioning (Shannon)						

SPIN CLASSES

0515-0615	WDDD® Freestyle SPIN	 Happy Holidays			WDDD® Freestyle SPIN	SATURDAY SPIN CLASS
0530-0630		Sunrise Spin (Maliki)		Sunrise Spin (Julie)		***NEW*** WDDD® Freestyle SPIN 0915-1015
1145-1230			WDDD® Freestyle SPIN (April)		New Year's 10K-A-DAY <i>register Dec 18-Jan 6</i> WDDD® NUTRITION/GX CLASS <i>JAN 6, 2018 1130-1300</i>	
1715-1815	SPIN (Adele)	WDDD® Freestyle SPIN (April)	Hip-Hop SPIN (Adele)	WDDD® Freestyle SPIN (April)	FITNESS RESOLUTION DAY <i>20 Jan 2018 at MFH 1000-1300</i>	

CLASS DESCRIPTIONS

Belly Dance Conditioning: open to all levels of fitness. They are perfect for anyone who wants to improve their fitness, both aerobically and muscular conditioning. Learn to build posture and foundation from the ground up in a safe and strong manner as well as developing a mind/body connection, with muscular isolations of belly dance; all while building a strong core and endurance. *Students may walk in human, but they'll leave feeling like a goddess -- Empowered, healthy, strong, and of course beautiful!*

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!

BOXING Fitness: Boxing Fit Cardio Intervals is a workout that combines traditional boxing & kickboxing moves and modern training approach with focus on speed and intensity to rapidly burn fat and improve your cardiovascular fitness. Short rounds of high-intensity exercises and agility training to build a lean and athletic body.

BOXING Fitness: Boxing Fit Circuits is a 30 min-minute high-intensity interval training (HIIT) workout designed with boxing combinations as part of a balanced training plan. The boxing circuits produces a total-body training effect for the development of strength and mobility to make you strong, toned, and unbelievably fit.

Dance Club Fitness: When the night clubs meet fitness! This class is designed to get participants motivated to exercise through dancing to popular music. It takes advantage of the physical & mental benefits of night club dancing all while burning calories, working major muscle groups, and having fun!

Divine Breath Yoga: A gentle, restorative, shoulder-injury-friendly (one Downward Dog), slower paced yoga practice. **(90 min)**

Gentle Yoga: This is Hatha Yoga with a focus on alignment to build strength, increase flexibility and move energy through the body. Perfect for the beginner, returning yogi, injury recovery or anyone who would like a slower, focused practice.

HIIT (High Intensity Interval Training): A quick high intensity 45 minute calorie blasting workout. Each class will have a balance of strength and cardio exercises completed in timed intervals

POUND® Fit: Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. Burn up to 900+ calories per hour, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique – all while rocking out to your favorite music! Drastically improve your rhythm, timing, coordination, speed, agility, endurance, and musicality. Ripstix® intensify each POUND® position with light, peripheral resistance that not only works the shoulders, biceps, triceps, forearms, and back, but also dramatically increases the amount of instability in the body. (class is limited to 25 participants)

Pre-Natal Yoga: In prenatal yoga we will safely explore poses to build strength, work with flexibility, and support your ever-changing body. Breath practice will be integrated to find ease and calm the mind as you prepare for birth. We will also address common pregnancy discomforts as well as benefits for baby and you. All classes will end with relaxation time. All levels, trimesters and partners are welcome to attend.

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. BIKES ARE LIMITED.

Strength & Core: Build strength from the core, out! Fast paced, high energy class using a variety of exercise equipment. Never the same routine!

Train Tactical: An intense blend of strength, cardio, & speed/agility exercises utilizing equipment such as tires, battle ropes, sandbags, kettlebells, & TRX trainers. Class will start with an effective warm-up, move on to an intense work out, then a cooldown/stretch. This class is meant to challenge individuals and improve overall athleticism. (workout location may vary)

TRX Training: New to the TRX and just getting started? Start with this simple TRX workout as you increase total-body flexibility, promote mobility and stability and develop core strength. This class focuses on technique, flexibility, balance, and strength by developing basic foundational exercises through easy to follow progressions. ALL LEVELS WELCOME.

Vinyasa Yoga: A **VIGOROUS**, heat-building power yoga flow workout, complete with mindful breathing and final relaxation. **ALL LEVELS**

Water Aerobics: also called Aqua Aerobics, use the natural resistance and buoyancy of water against your body to provide a wide variety of conditioning activity. No

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

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® Kettlebells: Kettlebells are used in ballistic (explosive) swinging Pulling and pushing movements utilizing the whole body along with momentum to isolate targeted muscle groups simultaneously increasing the heart rate for an effective static and dynamic exercise... Kettlebell exercises are whole-body exercises requiring full body integration and core stabilization.

WDDD® Plyo: Bodyweight Plyometrics Strength-training workouts combining aerobic and anaerobic exercises. (both using equipment and /or ones own bodyweight) designed to boost muscle power, strength, balance, and agility.

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

WDDD® Total Body - 20 MIN CARDIO 20MINS CORE 20 MINS CRAZY :) This class spends the first 20 minutes taking the bodies heart rate up as we prepare to work your total core abdominals obliques and Lats - flooding the core muscles with fresh oxygenated blood. Moving into the last 20 minutes of class where combination moves of upper and lower body strength focusing on static and dynamic movements.

WDDD® Triple Threat Class: Strength Situps Sprints - 30 MINUTE - physical training program designed to build strength and overall fitness through a variety of intense core and cardio interval

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 GOLD®: is PERFECT for active older adults looking for a modified Zumba® class that recreates the original moves you love at a lower intensity.

Fitness Coordinator: 301-677-2349/3716 Gaffney hours: Mon-Fri 0500-2100, Sat, Sun, & Hol 0700-1500. Gaffney Fitness Center, 6330 Broadfoot Rd., Ft. Meade, MD 20755 NO CLASSES ON FEDERAL HOLIDAYS - ALL CLASSES ARE ADULT ONLY