

GFC Group Fitness Schedule

May 2026

SHOW US YOUR STRONG B.A.N.D.S.

HOW TO ENTER WEEKLY DRAWING FOR 1 FREE CLASS:











May 11th Take our special **H2O HIIT** night class (FREE at 1730)

May 23rd **Murph Challenge** 0800-1000 on the Mullins Track Field

* Take a May Gaffney **GF Class**

* Show us your May AWC **Bod Pod** results

Buy a Swim/GF pass to enter to win a FREE Punch card.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1300-1400		1300-1400		1300-1400	0830-0930
Ladies Who Lift TOTAL body		Ladies Who Lift UPPER Body		Ladies Who Lift LOWER body	Spin
 Sylvia		 Sylvia		 Sylvia	Katia
1730-1815	1730-1830	1730-1815	1730-1830	1805-1905	0845-0945
Spin	Spin	Spin	Spin	Zumba no class 1 & 8 th	H2O HIIT
Adele 	Katia 	Adele 	Katia	Michelle	Deb 
1800-1900	1800-1900	1800-1900	<p>* Balance *</p> <p>* Agility * Nutrition *</p> <p>Determination * Strength</p>		
Zumba	Zumba STEP no class 19 th	 HIIT Cardio & Strength			
Michelle	Michelle	Erica			

Must be 18+ and older, eligible retiree, DOD Civ, Active Duty, reservist, or authorized family member. Group Fitness Drop-in \$5. Punch Cards-10 for \$40/20 for \$80 paid with credit card or tap-to-pay. All sales final. Cards good for 3 months. Email Fitness Manager sylvia.l.garcia.naf@army.mil with inquiries.

Class Descriptions

H2O HIIT - Saturdays 0845-0945 High Intensity Interval Training has come to the pool! H2O HIIT class combines cardio, strength and agility training with the all-around resistance of water. You set the pace and intensity of your workout. You set your water depth. We provide the motivation. This low/no impact workout is suitable for all levels. Beginners welcome!

HIIT Cardio and Strength Class: HIIT is a high intensity interval class with modifications added for a full body workout. This includes cardio, abs, glutes, and uses free-weights.

LWL or Ladies Who Lift: Build your confidence on the weightroom floor. From mastering technique with barbells, dumbbells, plate-loaded, and pulley based equipment, you'll have fun in these small group workouts. Workouts and mode are varied every workout so you gradually learn how to do it all. Start at your fitness level and expect to get stronger and healthier safely.

Spin (Indoor Cycling): 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® 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®: fuses INTERNATIONAL rhythms and moves to create Exercise in Disguise utilizing the naturally occurring intervals of the music. All levels are welcome!

UNIT PT Classes are \$50.00. Contact Fitness Manager, Sylvia Garcia at sylvia.l.garcia.naf@army.mil to see available times, classes, and instructors and coordinate. Class not held on Federal or Training Holidays. Address: Gaffney Fitness Center, 6330 Broadfoot Rd., Ft. Meade, MD 20755