

# JANUARY GAFFNEY

## GROUP FITNESS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	SATURDAY CLASSES	
0515-0615		WDDD® Plyo	WDDD® Butts and Guts	WDDD® Strength & Muscle		0745-0845	Water Aerobics (Staff)
SEE CLASS FOR TIME	WDDD® Triple Threat 0630-0700	 Happy New Year!	HIIT (Natalie) 0630-0715		WDDD® Total Body 0630-0730	1000-1045 (time change)	Train Tactical (Natalie)
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	1000-1100	Zumba (Natalhy)
1210-1310	WDDD® Butts and Guts 1200-1300	WDDD® Total Body 1200-1300	Zumba (Sylvia)	WDDD® Resistance Bands 1215-1300	Zumba (Sylvia)	 <b>FIRST CLASS FREE!</b>	
1630-1730	Vinyasa Yoga (Jamie)	SLOW FLOW Yoga (Erika) starts JAN 9	Vinyasa Yoga (Jamie)	Gentle Yoga for Beginners (Lori)	POUND® Fit (Brittany) resumes Jan 2018		
1730-1830	***NEW*** WDDD® Old Skool Step	Body Tone (Adele)	POUND® Fit (Brittany)	Body Tone (Adele)	Zumba (Natalhy)		
1830-1930	Zumba (Natalhy)		Strength & Core (Crystal)	Dance Club Fitness (Crystal)	 <b>GE CLASS FEES</b> <b>\$3 ONE TIME DROP-IN</b> <b>10 CLASS PASS \$20</b> <b>20 CLASS PASS \$40</b>		
1830-1930		Boxing Fitness Group (BFG) in Group Fit Rm.		Boxing Training Class (BCT) in Boxing Room			
1930-2030	Belly Dance Conditioning (Shannon)	Boxing Training Class (BCT) in Boxing Room		Boxing Fitness Group (BFG) in Group Fit Rm.			
SPIN CLASSES							
0515-0615	WDDD® Freestyle SPIN		 MORE HUSTLE FOR MORE MUSCLE		WDDD® Freestyle SPIN	SATURDAY SPIN CLASS	
0530-0630		Sunrise Spin (Maliki)		Sunrise Spin (Julie)		0915-1015	WDDD® Freestyle SPIN
1145-1230			WDDD® Freestyle SPIN (April)		 <b>New Year's 10K-A-DAY</b> <i>register Dec 18-Jan 6</i> <b>WDDD® NUTRITION/GX CLASS</b> <i>JAN 6, 2018 1130-1300</i> <b>FITNESS RESOLUTION DAY</b> <i>20 Jan 2018 at MFH 1000-1300</i>		
1715-1815	SPIN (Adele)	WDDD® Freestyle SPIN (April)	Hip-Hop SPIN (Adele)	WDDD® Freestyle SPIN (April)			

## 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)

**Slow Flow Yoga:** slow flow is great for everyone. Prenatal, postnatal, injury recovery, beginners, and advanced yogis. We'll work on traditional yoga poses, breathing exercises, relaxation, and meditation to build strength flexibility and overall wellness. All levels are welcome.

**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® "Old Skool" Step - MONDAY 1730-1815** (45 minutes to allow for the next class following it at 1730 to get set prepared) "Old Skool" Step is an energetic, upbeat step aerobics class that is sure to get your body moving. High intensity, low impact. A great workout for all levels of fitness enthusiasts, this class combines cardiovascular training and toning exercises with adjustable step decks/risers, for a superior total body workout. Beginners are WELCOME!

**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® Strength/Muscle -weight training and body sculpting** incorporating dumbbells, medicine balls, and resistance bands used for split sets, pyramid sets and more. Strength/Muscle/Weight training helps shape and strengthen muscles while building your body to use more calories during your cardio workouts.

**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**