














APRIL Gaffney Group Fitness Schedule



Time	Monday	Tuesday	Wednesday	Thursday	Friday	WEEKEND	Saturday
0500-0600 (new hour)	NEW Want Different Do Different® SPIN (April)				NEW Want Different Do Different® SPIN (April)	0745-0845 	Water Aerobics (Staff)
0530-0630		NEW Sunrise Spin (Maliki)	NEW Sunrise Spin (Julie)	Sunrise Spin (Jenn.)		0800-0930 *90 min	Hatha Raja Yoga (Jennifer)
0630-0700 (new hour)			Insanity (Jennifer H.)			1000-1045	TRX Training (Jennifer)
0930-1030	Strength &Core (Jennifer)	TRX Training (Jennifer)	Pilates (Jennifer)	Weightroom Group Workout (Jennifer)			
1000-1100		Zumba GOLD (Doris & Kenise)		Zumba GOLD (Doris & Kenise)			
1100-1200			Belly Dancing (Shannon)				
Lunchtime classes!	NEW Core Conditioning (Natalie) 1130-1200	Metabolic Effect (Jennifer) 1145-1215	NEW Want Different Do Different® SPIN (April) 1145-1230	Metabolic Effect (Jennifer) 1145-1215	Core NEW Conditioning (Natalie) 1130-1200		
1200-1300	NEW HIIT-High Intensity Interval Trng (Natalie)		Zumba (Sylvia)		Zumba (Sylvia) (day change)		
1600-1700		NEW Pre Natal Yoga (Erika)		NEW Train Tactical (Natalie)			
1600-1700		Train Tactical (Natalie)		Train Tactical (Natalie)			
1630-1730	Vinyasa Yoga (Jennifer P.)		Vinyasa Yoga (Jennifer P.)				
1715-1815	SPIN (Adele)	NEW Want Different Do Different® SPIN (April)	Hip-Hop SPIN (Adele)	Want Different Do Different® SPIN (April)	Zumba (Destiny) 1700-1800	CLASS Prices \$3 drop-in, 10 for \$20, 20 for \$40 Pay @ Gaffney Admin office (301)677-3716/3724	
1730-1830	Belly Dancing (Shannon)	Body Tone (Adele)		Body Tone (Adele)			
1730-1800		Boxing Fitness (Boxing Rm)	All Boxing Fitness taught by Derrick	Boxing Fitness (Boxing Rm)			
1800-1900	Earth Day 		Zumba (Destiny)				
1830-1930		Cardio Intervals (Grp Fit Rm)	BOX FIT 	Cardio Intervals (Grp Fit Rm)			
1930-2000		Group Strength (Grp Fit Rm)		Group Strength (Grp Fit Rm)	 FIRST CLASS IS FREE		
2000-2030		Circuit Training (Boxing Rm)		Circuits Training (Boxing Rm)			

CLASS DESCRIPTIONS

Belly Dancing: open to all levels of fitness and all levels of Belly Dance experience. 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 basic belly dance movements through developing a mind/body connection, with muscular isolations of belly dance; all while building a strong core and endurance for this beautiful folkloric dance. You'll build on the basics with fun combinations so they can dance on the very first day. 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 Basics: This 30-min instructional class is conveniently placed before and after Box Fit classes throughout the week. This is a low intensity class in which the coach takes time to thoroughly teach the fundamental boxing moves and fitness training components of Box Fit.

Box Fit Cardio Intervals: is a workout that combines traditional boxing & kickboxing moves and modern training approach for an intense cardio workout. Incorporates creative cardio movement combinations and high energy intervals. Increase your aerobic capacity. Box Fit is a **NO CONTACT** fitness class, which means No sparring/No fighting.

Box Fit Group Stength: A muscular-conditioning workout that uses free-weights and other fitness equipment. Instructors lead you through traditional and non-traditional exercises to improve your muscle strength and fitness level. The work out intensity includes steps, equalizer, kettle bells, dumbbells, bosu, medicine balls and agility ladders.

Box Fit Boxing Circuits: A variety of resistance exercises and high intensity cardiovascular exercises in quick succession to improve both strength and endurance for boxing. Boxing circuits involve repetitively practicing certain punches with the ability to sustain an intense workload for a period of boxing round times.

Core Conditioning: A 30 minute abdominal and back strengthening class that will improve the endurance and development of your core muscles.

Fat Burning Cycle: Scientific research has shown interval training to be the most effective for increased cardio vascular fitness and better fat burning. Intervals will vary in duration, depending on which energy system is targeted for that day. Prepare to give 100% effort.

Hatha-Raja Yoga: This beautiful meditative yoga is practiced in the traditional way of Sri Dharma Mittra. Focus on yoga poses, breathing and meditation. (90 min)

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

INSANITY™ is a cardio class, based on max interval training. This class will push you past your limits with athletic drills mixed with intervals of strength, power, resistance, and core training. Every person's high intensity is different from everyone else in class. Time to dig deep!

Metabolic Effect: (ME) Burn fat not lean body tissue. 30 minutes of high intensity training that can be modified to fit all levels of fitness, from the deconditioned beginner to the elite athlete. See results immediately!

Pilates: Did you know that Pilates exercises can help seniors improve both mobility and balance? In the spirit of Joseph Pilates, a mind body class that focuses on strengthening the core to build a strong base. Kind of like taking your Ferrari in for a tune-up before you race it around the track.

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

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.

Train Tactical: An intense blend of strength, cardio, and speed/agility exercises utilizing equipment such as tires, battle ropes, sandbags, kettlebells, and TRX trainers. Each class will start with an effective warm-up and move on to an intense work out, and 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. New users are encourage to attend this class. All Levels Welcome!

Group Workout in the Weightroom: Have a safe and effective weight room workout with certified personal trainer Jennifer Peabody. Learn to use various types of equipment to get a whole body workout!

Vinyasa Yoga: mindful breathing, flowing poses, balance, stretching and 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 swimming is required in water aerobics, and flotation devices are used frequently. Water exercise helps increase your energy, stamina and strength

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

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