

# GFC Group Fitness Schedule



## December 2025



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1200-1300</b> <b>Power Yoga</b> Flow held on 9th and 16th <b>Ashley S.</b>	<b>1300-1400</b> <b>Deep Stretch</b> Yoga held on 10th and 17th <b>Ashley S.</b>	<i>Merry Christmas</i> Clinga-Bel, Clinga-BEL! Oostq-bu-tai dee-dq-siteel! 	<b>0545-0630</b>  <b>Spin</b> <b>Aislynn</b>	<b>0830-0930</b> <b>Spin</b>  <b>Katia</b>
<b>1300-1400</b>	<b>1700-1800</b>	<b>1300-1400</b>	<b>1300-1400</b>		<b>0845-0945</b>
<b>Ladies Who Lift TOTAL body</b>	<b>Gentle Flow</b> Yoga starts Dec 9th	<b>Ladies Who Lift UPPER Body</b>	<b>Ladies Who Lift LOWER body</b>	<b>No Ladies Who Lift Dec 22-JAN 1</b>	<b>H2O HIIT</b> 
<b>Sylvia</b>	<b>Ashley S.</b>	<b>Sylvia</b>	<b>Sylvia</b>		<b>Deb</b>
<b>1730-1815</b>	<b>1730-1830</b>	<b>1730-1815</b>	<b>1730-1830</b>		<b>1100-1200</b>
<b>Spin</b>	<b>Spin</b>	<b>Spin no class 12/10</b>	<b>Spin</b>	<b>NO Classes Dec 25<sup>th</sup>, 26<sup>th</sup></b>	<b>Gentle Flow</b> Yoga no class Dec 26 <b>Ashley S.</b>
<b>Adele</b>	<b>Katia</b>	<b>Adele</b>	<b>Katia/Hans</b>		
<b>1800-1900</b>	<b>1800-1900</b>	<b>1800-1900</b> 		<b>1805-1905</b>	
<b>Zumba</b>	<b>Zumba STEP</b> no class 12/5, 12/23	<b>HIIT Cardio &amp; Strength</b>	<b>HAPPY HANUKKAH</b> 	<b>Zumba no class 12/5</b>	<b>HAPPY KWANZAA</b> 
<b>Michelle</b>	<b>Michelle</b>	<b>Erica</b>		<b>Michelle</b>	

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](mailto:sylvia.l.garcia.naf@army.mil) with inquiries.

# Class Descriptions

**Deep Stretch Yoga** - A passive yoga practice targeting connective tissues to release tension and increase flexibility. The perfect complement to strength training and weight lifting routines. All abilities welcome- **NO DEEP STRETCH YOGA ON SEPTEMBER 3RD.**

**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, weights, and core.

**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. Monday is upper body, Tuesday is lower body and Thursday is a total body workout. 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.

**Power Yoga** - A vigorous heat-building vinyasa yoga practice, complemented by balance exercise, mindful breathing, and a final relaxation. Some knowledge of yoga may be helpful, but not required.

**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](mailto: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**