


# FEBRUARY GAFFNEY



## GROUP FITNESS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0515-0615		WDDD® Plyo	WDDD® Butts and Guts	WDDD® Strength & Muscle		
SEE CLASS FOR TIME			HIIT (Natalie) 0630-0715			WDDD® Total Body 0630-0730
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
SEE CLASS FOR TIME		WDDD® Butts & Guts 1200-1300	WDDD® Total Body 1200-1300	Zumba (Sylvia) 1210-1310	WDDD® Resistance Bands 1200-1245	Zumba (Sylvia) 1210-1310
1630-1730	Vinyasa Yoga (Jamie)	SLOW FLOW Yoga (Erika)	Vinyasa Yoga (Jamie)	Gentle Yoga for Beginners (Lori)	POUND® Fit (Brittany)	***NEW*** Zumba (Kateri) 1000-1100
1715-1815	***NEW*** WDDD® Power Pyramid in FF rm.	* FF rm: Functional Fitness room	***NEW*** WDDD® Body Blast in FF rm.		 <p><b>Zumba Master Class</b> 24 Feb, 0930-1130 Gaffney FC</p> <p><b>CLASS FEES</b> \$3 one time drop-in 10 class pass \$20 20 class pass \$40 *exact cash/check*</p>	
1730-1830	***NEW*** Zumba (Kateri)	Body Tone (Adele)	POUND® Fit (Brittany)	Body Tone (Adele)		
1830-1930			Strength & Core (Crystal)	Dance Club Fitness (Crystal)		
1930-2030	Belly Dance Conditioning (Shannon)					

## H2O FITNESS CLASSES

SEE CLASS FOR TIME		<b>***NEW***</b> H2O Deep (Deb) 1900-2000 starts 02/21		<b>***NEW***</b> H2O HIIT Resistance (Katie) 0900-1000 starts 02/09	H2O Shallow (Deb) 0745-0845
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## SPIN CLASSES

0515-0615	WDDD® Freestyle Spin			WDDD® Freestyle Spin	
0530-0630		Sunrise Spin (Maliki)		Sunrise Spin (Julie)	WDDD® Freestyle Spin 0915-1015
1145-1230			WDDD® Freestyle Spin (April)		
1715-1815		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!

**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!

**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! 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)

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

## H2O FITNESS CLASSES

**H2O Deep:** Free your body with this functional and fun workout in a gravity free environment. This deep-water class targets cardio, strength, stability and endurance for a total body fitness experience. Flotation device is provided.

**H2O HIIT Resistance:** A shallow water class with a combination of high intensity interval training and strength based exercises that will push you to the limit! Great class for all levels including those who are looking for an intense workout that won't put added impact on the joints.

**H2O Shallow:** A challenging water workout for all Fitness levels. This class combines cardio, toning, balance and core training elements. No swimming experience necessary.

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

**WDDD® Body Blast:** is an all inclusive, dynamic, and multifaceted strength and conditioning workout designed to improve your overall fitness level; Utilizing ground based exercises that revolve around static sets followed by dynamic blasts, this class targets the whole body leaving you drenched in sweat and empowered like never before. The class is "Different" every time you come and you're better every time you leave! All levels are welcome!

**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

**WDDD® Power Pyramid** is challenging strength training workout designed to raise and lower the heart rate through building blocks of strength and cardio exercises. These exercise sets will both increase and decrease progressively throughout the duration of the class, maximizing the caloric burn and sculpting your entire body. This class targets all major muscle groups by using a wide variety of body weight functional exercises. Ready to Do Different? All levels welcome!

**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.**

**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**