

APRIL GAFFNEY





GROUP FITNESS SCHEDULE

| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------------------|---|--|--|---|--|---|
| 0515-0615 |  | WDDD® BELLS & BODYBARS | WDDD® Butts and Guts | WDDD® BALLS BANDS BELLS |  | |
| SEE CLASS FOR TIME | | | HIIT (Natalie) 0630-0715 | | WDDD® Total Body 0630-0730 | WDDD® BALLS BANDS BELLS 0800-0845 |
| SEE CLASS FOR TIME | Zumba (Tonya) 0900-1000 | Zumba GOLD (Doris & Kenise) 1000-1100 | | Zumba GOLD (Doris & Kenise) 1000-1100 | | Train Tactical (Natalie) 0900-0945 |
| SEE CLASS FOR TIME | ***NEW*** HIIT (Natalie) 1100-1145 | | Belly Dance Conditioning (Shannon) 1100-1200 |  | WDDD® Kettlebells 1130-1200 | Zumba (Kateri) 1000-1100 |
| 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) | ***It's Back!*** SLOW FLOW Yoga (Erika) | Vinyasa Yoga (Jamie) | ***NEW*** WDDD® Butts&Guts | POUND® Fit (Brittany) | |
| 1715-1815 | WDDD® Power Pyramid in FF rm. | * FF rm: Functional Fitness room | WDDD® Body Blast in FF rm. | |  Spring Into Action Fitnessfest 14 April 9am-1pm FREE AEROBATHON Murphy Fieldhouse | |
| 1730-1830 | Zumba (Kateri) | Body Tone (Adele) | Zumba (Tonya) | Body Tone (Adele) | | |
| 1830-1930 | | Zumba (Natalhy) | ***NEW*** Soul Line Dancing (Anna) | Dance Club Fitness (Crystal) | | |
| 1930-2030 | Belly Dance Conditioning (Shannon) | GF CLASS FEES \$3 drop-in, 10 class pass \$20, 20 class pass \$40 (*exact cash/check*) <i>passes good for 3 months</i> | | Zumba (Natalhy) | | |

H2O FITNESS CLASSES

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|--------------------|---|--------------------------|--|---------------------------------------|-----------------------------|
| SEE CLASS FOR TIME |  | H2O Deep (Deb) 1900-2000 |  | H2O HIIT Resistance (Katie) 0900-1000 | H2O Shallow (Deb) 0745-0845 |
|--------------------|---|--------------------------|--|---------------------------------------|-----------------------------|

SPIN CLASSES

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|-----------|---|---|--|------------------------------|---|
| 0515-0615 | WDDD® Freestyle Spin |  | WDDD® Freestyle Spin | | |
| 0530-0630 |  | Sunrise Spin (Maliki) | ***NEW*** Sunrise Spin (Shelby) 45 Min | Sunrise Spin (Julie) | WDDD® Freestyle Spin 0915-1015 |
| 1145-1230 | | | WDDD® Freestyle Spin (April) | |  |
| 1715-1815 | SPIN (Adele) | WDDD® Freestyle Spin (April) | HIP-HOP SPIN (Adele) | WDDD® Freestyle Spin (April) |  |
| 1830-1930 | ***NEW*** SPIN (Emily) | | | | |

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! An awesome playlist will help you forget how hard you are working.

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: 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

Soul Line Dancing class: Dancing is Therapy for the mind, body, & soul! **A fun way to stay fit and healthy** SOUL Line dancing offers something for everyone. Come learn the latest beginner choreographed dances to great rhythm and blues music while enjoying many other health benefits (reduce stress, increase stamina, and improve posture, balance, and coordination).

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 mediation 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.

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® BALLS BANDS BELLS April incorporates Medicine Balls, Resistance Bands and Kettlebells to bring you a class that bridges the gap between conventional strength and endurance exercises - Combining Total Body movements along with isolated strength and core combinations this class will challenge and empower all levels of fitness.

WDDD® BELLS & BODYBARS April incorporates Kettlebells and Weighted body bars in ballistic (explosive) swinging movements utilizing the whole body requiring full body (upper and lower) integration and core stabilization. Light and heavy equipment available, all levels are welcome.

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 Workout!

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 **NO CLASSES ON FEDERAL HOLIDAYS.** Gaffney Hours of Operation: Mon-Fri 0500-2100, Sat, Sun, & Hol 0700-1500. Gaffney Fitness Center, 6330 Broadfoot Rd., Ft. Meade, MD 20755 **Contact Sylvia to schedule a Group Fitness Class for your Unit/Organization.**