
















GFC Group Fitness Schedule



August



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1300-1400		 	0830-0930
	Ladies Who Lift Classes will resume in September :)				Spin 9th & 23rd Only
		Sylvia			Katia
					0845-0945
					H2O HIIT 2nd & 16th Only
					Deb
1730-1815	1730-1815	1730-1815	1730-1815	Cancelled Classes are posted on our SFA Facebook page. Follow us here. 	
 Spin Adele	 Spin Katia	 Spin Adele	Spin 7th & 21st Only Katia		
1800-1900	1800-1900	1800-1900		1805-1905	
Zumba no class 4th Michelle	Zumba STEP Michelle	HIIT Cardio & Strength Erica 		Zumba no class 15th Michelle	
					Facebook

***NON-ID CARDHOLDERS ARE WELCOME TO TAKE OUR FITNESS CLASSES!* Class fees: Drop-in \$5. Group Fitness Punch Cards-10 for \$40/20 for \$80. Cash & Credit Cards Accepted. All sales final. Cards good for 3 months. Email Fitness Manager sylvia.l.garcia.naf@army.mil with inquiries.**

Class Descriptions

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.

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, Wednesday 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. **THIS CLASS WILL RESUME IN SEPTEMBER.**

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 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