




GAFFNEY GROUP FITNESS SCHEDULE



APRIL



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1700-1800	1700-1800	1700-1800	1700-1730	1030-1130	0845-0945
*Zumba	H2O Clinic (all levels)	High Low Fitness	H2O Clinic (all levels)	Ladies Who Lift	H2O HIIT
Michelle (1st&15th)	Deb	Ashley	Deb	Sylvia	Deb
1730-1830	1700-1800	1730-1830	1730-1830	1800-1900	0900-1000
Spin	*HIIT Cardio & Strength	Spin	Body Tone	Zumba	High Fitness
Adele	Erica (9th&23rd)	Adele	Adele	Michelle	Ashley
1800-1900	1730-1815	1800-1900	1730-1815	<div><div>FREE Fitness Event</div><div></div><div>MAY THE FOURTH Be With You Aerobathon 0900-1200</div></div>	1000-1030
High Fitness	Cycling W/a Side of Rip	*HIIT Cardio & Strength	Cycling W/a Side of Rip		H2O Basics
Ashley	Hans	Erica (3rd&17th)	Hans		Deb
<div><div></div><div></div></div>	1800-1830	<div></div>	1730-1800		1030-1100
	H2O Clinic (all levels)		H2O Drills		H2O Drills
	Deb		Deb	Deb	
	1800-1900		H2O Basics		
Zumba STEP					
Michelle			Deb		

NON-ID CARDHOLDERS ARE WELCOME TO TAKE OUR FITNESS CLASSES! (*\$5 rate applies) Class drop-ins: \$5. Group Fitness Punch Cards: 10 for \$40/20 for \$80. We accept cash, cards,& checks. All sales final. Cards good for 3 months.

CLASS DESCRIPTIONS

BODY TONE: This class is a full-body resistance training class for all age groups and abilities. Students perform exercises using mats, dumbbells, and their bodyweight to tone their body from head to toe! An awesome playlist will help participants forget how hard they are working.

Cycling W/a Side of Rip: A combination class of riding intervals on a spin bike and upper body lifts. Join our class to improve cardiovascular endurance and overall body strength. We will get our hearts pumping and grinding, and work together towards enhancing our fitness levels. Enjoy the RIDE!

H2O Basics: Would you like to learn how to swim but aren't sure where to start or don't feel comfortable in the water? This 30 minute clinic is designed to focus on balance, breath control, and confidence in the water.

H2O HIIT: 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. You set your water depth. We provide the motivation. This low/no impact workout is suitable for all levels. Beginners welcome!

H2O Drills: Are you a fitness swimmer desiring to add new strokes to your arsenal? Perhaps you'd like to learn to turn more efficiently. This Stroke and Turn Clinic is packed with drills designed to help you achieve your fitness swimming goals.

H2O Swim & Strength: This workout combines swim stroke development with water fitness cardio and strength intervals. All levels. No/low impact. You set your pace & intensity. The ability to put your face in the water *is required for this class* No swimming experience necessary.

High Fitness: is an intense yet fun fitness class that incorporates aerobic interval training with music and easy choreography. High Fitness produces high caloric burn and full-body toning. High fitness has brought aerobics back in a hip and unique way, and the world is taking notice.

HIIT Cardio and Strength Class: HITT is a high intensity interval class with modifications added for a full body workout. This includes cardio, weights, and core.

Ladies Who Lift: LWL is your introduction to strength training away from the faster pace of regular classes on the weightroom floor. From mastering technique in the squat, deadlift, pullup, bench press, and other 'big' exercises, to learning how to set up all the equipment for your workout, you will always know EXACTLY what to do and how to do it when you are in the gym. You'll be in a small group with other beginners, spending more time on technique and reinforcing good movement patterns. CLASS SIZE IS LIMITED TO FIRST 10 REGISTERED PARTICIPANTS.

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

Fitness Coordinator: Sylvia Garcia 301-677-2349/3716 email: sylvia.l.garcia.naf@army.mil No classes on Federal and Training Holidays. Gaffney Fitness Center, 6330 Broadfoot Rd., Ft. Meade, MD 20755. NON-ID CARDHOLDERS MAY TAKE CLASSES AT OUR \$5 DROP IN RATE.