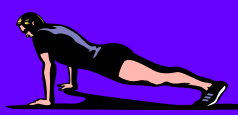







# GAFFNEY GROUP FITNESS SCHEDULE

## FEBRUARY



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><b>*President's Day Yoga-17th</b>  <b>GAFFNEY OPENS <u>SUNDAYS</u></b>  <b>STARTING 23RD!</b></p>			<p>no classes                      February                      14th &amp; 17th</p> <p><small>unless otherwise advertised</small></p>	<p>1100-1200</p> <p>VINYASA FLOW</p> <p>ASHLEY S.</p>	<p>0845-0945</p> <p>H2O HIIT</p> <p>DEB</p>
<p>1300-1400</p> <p>LADIES WHO LIFT</p> <p>SYLVIA</p>	 	<p>1300-1400</p> <p>LADIES WHO LIFT</p> <p>SYLVIA</p>	<p>1700-1830</p> <p>H2O CLINIC</p> <p>DEB</p>	<p>1300-1400</p> <p>LADIES WHO LIFT</p> <p>SYLVIA</p>	<p>1000-1030</p> <p>H2O BASICS</p> <p>DEB</p>
<p>1700-1800</p> <p>ALL LEVELS YOGA</p> <p>ASHLEY S.</p>		<p>1700-1800</p> <p>ZUMBA <b>NO CLASS</b>                      THE 4TH</p> <p>BRIDGET</p>	<p>1200-1300</p> <p>VINYASA YOGA <b>ON</b>                      02/26/25</p> <p>CARRIE</p>	<p>1700-1800</p> <p>ZUMBA</p> <p>BRIDGET</p>	
<p>1730-1815</p> <p>SPIN</p> <p>ADELE</p>	<p>1700-1830</p> <p>H2O CLINIC</p> <p>DEB</p>	<p>1730-1815</p> <p>SPIN <b>NO CLASS</b>                      5TH</p> <p>ADELE</p>	<p>1730-1815</p> <p>SPIN</p> <p>HANS</p>		
<p>1800-1900</p> <p>ZUMBA</p> <p>MICHELLE</p>	<p>1800-1900</p> <p>ZUMBA STEP <b>NO</b>                      CLASS THE 4TH</p> <p>MICHELLE</p>	<p>1800-1900</p> <p>HIIT CARDIO &amp;                      STRENGTH</p> <p>ERICA</p>	<p>1800-1900</p> <p>ZUMBA TONING</p> <p>BRIDGET</p>		<p>1805-1905</p> <p>ZUMBA <b>NO CLASS</b>                      THE 21ST</p> <p>MICHELLE</p>

\*NON-ID CARDHOLDERS ARE WELCOME TO TAKE OUR FITNESS CLASSES!\* CLASS FEES FOR ALL: DROP-IN: \$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

**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.

**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 a blast during moderate paced small group workouts. Two days are dedicated to upper body workouts. Fridays are for legs and glutes. Workouts and mode are varied every workout so you gradually learn how to do it all.

**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.

**Vinyasa Yoga:** A dynamic, heat-building practice where poses and breath are linked with continual movement. Increase cardio fitness, build lean muscle mass, and reduce mind-body stress.

**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!

**Zumba GOLD®:** Zumba Gold is perfect for Young Adults and Active Older Adults looking for a modified Zumba class that recreates the original moves you love at a lower intensity.

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.