

JULY Gaffney Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NO CLASSES 4TH OF JULY		WDDD® Butts & Guts 0515-0615		WDDD® Total Body at Murphy 0630-0730	AQUA bata (Deb) 0800-0845
	Zumba GOLD (Doris&Kenise) 1000-1100	Belly Dance Conditioning (Shannon) 1100-1200	Zumba GOLD (Doris&Kenise) 1000-1100		Zumba (Nicole & Michelle) 1000-1100
WDDD® Power Pyramid 1715-1815	WDDD® Kettlebells 1715-1745	WDDD® Body Blast 1715-1815	WDDD® Medicine Balls 1715-1745		
	Body Tone (Adele) 1715-1815		Body Tone (Adele) 1715-1815		
Zumba (Michelle) 1800-1900	Buy a pass for a great deal! \$30 for 10 classes, \$60 for 20 classes (\$5 drop-in) *cash/check. <i>Pass valid 90 days</i>				
Boxing (Amanda) 1815-1915		Boxing (Amanda) 1815-1915	Boxing (Amanda) 1815-1915		
	Zumba (Michelle) 1830-1930	Soul Line Dancing (Anna) 1830-1930	HOT HULA fitness® (Ashley) 1830-1930		
SPIN CLASSES					
WDDD® Freestyle Spin 0515-0615	Sunrise Spin (Maliki) 0530-0630	Sunrise Spin (Shelby) 0515-0600	Sunrise Spin (Julie) 0530-0630	WDDD® Freestyle Spin 0515-0615	WDDD® Freestyle Spin 0915-1015
					SPIN (Irish) 1045-1145
SPIN (Adele) 1715-1815	SPIN (Irish) 1715-1815	HIP-HOP SPIN (Adele) 1715-1815	R&B SPIN (Paul) 1715-1815		

CLASS DESCRIPTIONS

Belly Dance Conditioning: A non-impact full-body fitness class that brings the muscular isolations of belly dance, exercises and principles from Yoga and Pilates, and brings it all together for a fun and very effective total core workout like non other. This class is perfect for anyone who wants to improve their fitness, mobility, posture, or reduce back and body pain.

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.

BOXING: A workout designed with boxing combinations as part of a balanced training plan. boxing produces a total-body training effect for the development of strength and mobility to make you strong, toned, and unbelievably fit. (in Combatives room AND Boxing room 1815-1915)

Hot Hula fitness®: START NOW TO GET INTO SHAPE FOR SUMMER! Dance away calories to drumbeats and hip-hop/reggae with HOT HULA fitness®. Our workouts are effective, fun for all ages and fitness levels and easy to follow. You have nothing to lose, just weight and inches. Go for it!

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).

SPIN/HIP-HOP 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.

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®: 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.

H2O FITNESS CLASS

AQUAbata: A challenging water interval 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® Butts and Guts: will Reduce, Shape, Tone and Lift those stubborn areas in your glutes, abs, hamstrings and quads by focusing on the major muscles of your buttocks, legs and core - incorporating floor and upright exercises.

WDDD® Medicine Balls: this class incorporates both the Dual Grip Medicine Balls and our Weighted Medicine Balls. the Medicine Ball exercises will bridge the gap between conventional strength and endurance exercises. These exercises teach the summation of force from the ground through the legs, through the core, and out through the arms. The medicine ball takes many standard core exercises up a notch in a comfortable and functional way. Because holding a ball is a bit more natural than holding a barbell or dumbbells, using it in a core series increases intensity. All levels are welcome as we use all sizes/weights of balls. Ready to have some fun and get a great workout in? JOIN US TODAY!

WDDD® Freestyle Spin: This 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® 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.

*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 . **CLASSES FOR 18+ ONLY***