


# Gaffney November Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Zumba GOLD (Doris) 1130-1230	<b>NEW</b> Cycling Snack with a Side of Rip (Hans) 1200-1300	Zumba GOLD (Doris) 1130-1230	<b>NEW</b> Ladies Who Lift (Sylvia) 1015-1115	<b>Class held in Free-Weight Area</b>
<b>*Nov 13 &amp; 27</b> Zumba (Michelle) 1700-1800	<b>*Nov 7 &amp; 21</b> HIIT Cardio & Strength (Erica) 5 p.m.	Zumba (Ashley) 1700-1800	<b>NO CLASSES</b> <b>Nov 10, 13, 23, 24</b> 		High Fitness (Ashley) 0900-1000
		<b>*Nov 1 &amp; 15</b> HIIT Cardio & Strength (Erica) 5 p.m.			Zumba (Doris & Co) 1000-1100
High Fitness (Ashley) 1800-1900	Zumba STEP (Michelle) 1800-1900	<b>*Nov 8 &amp; 22</b> Soul Line Dancing (Anna) 6 p.m.		Zumba (Michelle) 1800-1900	

**\*WE NOW WELCOME NON-ID CARDHOLDERS 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

 **Curb Your Fat/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!

**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.

**Soul Line Dancing class:** Dancing is Therapy for the mind, body, & soul! Have fun, stay fit and healthy and learn the latest beginner choreographed dances to great rhythm and blues music while enjoying many other health benefits (stress reduction, more stamina, and better posture, balance, and coordination).

 **Ladies Who Lift:** LWL is your introduction to strength training away from the faster pace of regular classes. 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.

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

**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 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 Manager: Sylvia Garcia email: [sylvia.l.garcia.naf@army.mil](mailto: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.**