



# February Gaffney Group Fitness Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div><div><p>President's Day</p></div><div></div><div><p>No Class February 17 &amp; 20</p></div><div></div></div>					
<div>High Low Fitness (Ashley) 1115-1215</div>	<div>Zumba GOLD (Doris &amp; Kenise) 1130-1230</div>	<div></div>	<div>Zumba GOLD (Doris &amp; Kenise) 1130-1230</div>	<div></div>	<div>NOW \$5! H2O HIIT (Deb) 0845-0945</div>
<div>Zumba (Michelle) 1700-1800</div>	<div>Starts March 7 HIIT Cardio &amp; Strength (Erica) 1700-1800</div>		<div>Zumba (Ashley) 1700-1800</div>	<div>2nd &amp; 4th Thursdays YOGA (Allison) 1645-1745</div>	<div>NEW </div>
<div>High Fitness (Ashley) 1800-1900</div>	<div>Zumba STEP (Michelle) 1800-1900</div>	<div>1st &amp; 3rd WED HIIT Cardio &amp; Strength (Erica) 1800-1900</div>	<div></div>	<div>Zumba (Michelle) 1800-1900</div>	<div>Zumba (Doris &amp; Co) 1000-1100</div>
<div></div>	<div>2nd &amp; 4th WED Soul Line Dancing (Anna) 1800-1900</div>		<div>BLACK HISTORY MONTH</div>		<div></div>
<div><p><b>*WE NOW WELCOME GUESTS TO TAKE CLASSES AT GAFFNEY!*</b> (*\$5 rate applies) Class drop-ins: \$5. Group Fitness Punch Cards: 10 for \$40/20 for \$80. We accept cash, cards, &amp; checks. All sales final. Cards good for 3 months.</p></div>					

## CLASS DESCRIPTIONS

**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.

**High Low:** Offering impact progressions for every move, **HIGH Low** is a steady state cardio workout tailored to the individual, by the individual. Lower impact leads to less joint discomfort while still yielding those important mental health benefits and improving overall fitness and cardiovascular health.

**H2O HIIT:** A challenging water workout for all fitness levels. This class combines cardio, toning, balance, and core training elements. No swimming experience necessary.

**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.

**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.

**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).

**Yoga:** This class is for students of all levels and experience. The style of yoga taught is a mix of hatha and vinyasa. Hatha yoga is a generic term that refers to any type of yoga that teaches physical postures. Vinyasa is the Sanskrit word for "flow", and vinyasa classes are known for their fluid, movement-intensive practices. You are encouraged to stay with your own breath, take breaks if needed, and take the variations and modifications that suit you best. Intermediate/Advanced options will be given for those who would like a stronger practice.

**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 Coordinator: Sylvia Garcia 301-677-2349/3716 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. **VISITING GUESTS (non ID Cardholders) MAY TAKE CLASSES AT OUR \$5 DROP IN RATE.**