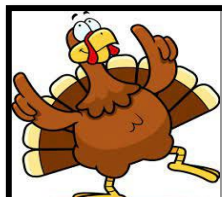


GFC Group Fitness Schedule

November 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1200-1300 Power Yoga Flow held on 4 th & 18 th ONLY Ashley S.	1300-1400 Deep Stretch Yoga held on 5 th & 19 th ONLY Ashley S.	 Turkey Day Workout	0545-0630 Spin Aislynn	0830-0930 Spin Katia
1300-1400 Ladies Who Lift TOTAL body  Sylvia	 VETERANS DAY	1300-1400 Ladies Who Lift UPPER Body  Sylvia	1300-1400 Ladies Who Lift LOWER body  Sylvia		0845-0945 H2O HIIT  Deb
1730-1815 Spin no class 17th & 24th  Adele		1730-1815 Spin no class 19th & 26th  Adele	1730-1815 Spin  Katia/Hans	NO Classes 10th, 11th, 27th, and 28th	
1800-1900 Zumba Michelle	1800-1900 Zumba STEP Michelle	1800-1900 HIIT Cardio & Strength  Erica		1805-1905 Zumba Michelle	 Facebook

Must be 18+ and older, eligible retiree, DOD Civ, Active Duty, reservist, or authorized family member.
 Group Fitness Drop-in \$5. Punch Cards-10 for \$40/20 for \$80. Cash & Credit Cards Accepted. All sales final.
 Cards good for 3 months. Email Fitness Manager sylvia.l.garcia.naf@army.mil with inquiries.

Class Descriptions

Deep Stretch Yoga - A passive yoga practice targeting connective tissues to release tension and increase flexibility. The perfect complement to strength training and weight lifting routines. All abilities welcome- **NO DEEP STRETCH YOGA ON SEPTEMBER 3RD.**

H2O HIIT - Saturdays 0845-0945 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 of your workout. You set your water depth. We provide the motivation. This low/no impact workout is suitable for all levels. Beginners welcome!

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.

LWL or 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 fun in these small group workouts. Monday is upper body, Tuesday is lower body and Thursday is a total body workout. Workouts and mode are varied every workout so you gradually learn how to do it all. Start at your fitness level and expect to get stronger and healthier safely.

Power Yoga - A vigorous heat-building vinyasa yoga practice, complemented by balance exercise, mindful breathing, and a final relaxation. Some knowledge of yoga may be helpful, but not required.

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® 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!

UNIT PT Classes are \$50.00. Contact Fitness Manager, Sylvia Garcia at sylvia.l.garcia.naf@army.mil to see available times, classes, and instructors and coordinate. Class not held on Federal or Training Holidays. Address: Gaffney Fitness Center, 6330 Broadfoot Rd., Ft. Meade, MD 20755