














GFC Group Fitness Schedule



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1300-1400	1200-1300	1300-1400	1300-1400	1100-1200	0845-0945
Ladies Who Lift UPPER body	Vinyasa Yoga on 05/6/25	Ladies Who Lift LOWER body	Ladies Who Lift TOTAL Body no class 5/22	VINYASA FLOW held 9th & 16th	H2O HIIT no class 5/31
 Sylvia	Carrie	 Sylvia	Sylvia 	Ashley S.	Deb 
1700-1800	1700-1800	1700-1800	1700-1800		 FREE 90 minute Yogathon May 17th 1000-1130 Vinyasa Flow followed by Yin Yoga
All Levels Yoga held 5th & 12th	Swim & Sculpt	Swim & Sculpt	Swim & Sculpt no class 5/15		
Ashley S.	Active Duty FREE	Active Duty FREE	Active Duty FREE		
1730-1815		1730-1815	1730-1815		
 Spin		 Spin	Spin no class 8, 15, 22		
Adele		Adele	Hans 		
1800-1900	1800-1900	1800-1900		1805-1905	
Zumba	Zumba STEP	HIIT Cardio & Strength		Zumba	
Michelle	Michelle	Erica 		Michelle	

***NON-ID CARDHOLDERS ARE WELCOME TO TAKE OUR FITNESS CLASSES!* Class fees: Drop-in \$5. Group Fitness Punch Cards-10 for \$40/20 for \$80. Cash & Credit Cards Accepted. All sales final. Cards good for 3 months.**

CLASS DESCRIPTIONS

H2O HIIT: This workout combines swim stroke development with water fitness cardio and strength intervals. All levels. No/low impact. You set your pace & intensity. The ability to put your face in the water *is required for this class* 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.

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, Wednesday 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.

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 gentle practice which combines deep breathing, stretching and relaxed postures to bring restorative energy to both body and mind.

SWIM SCULPT: ***Self-paced workouts, no instructor*** A weekly workout will be posted to workout board to follow or feel free to conduct your own swim workout. **\$5 per class, open to all eligible fitness patrons, 18+, free for Active duty, check in at front desk for swim bracelet.**

Vinyasa Flow: A VIGOROUS, heat-building vinyasa flow practice, complemented by mindful breathing and a final relaxation. Some knowledge of yoga may be helpful, but not required. All levels 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®: fuses INTERNATIONAL rhythms and moves to create Exercise in Disguise utilizing the naturally occurring intervals of the music. All levels are welcome!

NON-ID CARDHOLDERS ARE WELCOME TO TAKE CLASSES. All classes \$5. Must be 18+. Fitness Manager: Sylvia Garcia
301-677-3716 email: sylvia.l.garcia.naf@army.mil. No classes on Federal and Training Holidays unless advertised.
Gaffney Fitness Center, 6330 Broadfoot Rd., Ft. Meade, MD 20755