












GAFFNEY GROUP FITNESS SCHEDULE

JULY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1000-1115		1000-1115	0900-1000	1000-1115	
LADIES WHO LIFT UPPER BODY PLUS		LADIES WHO LIFT LEGS & GLUTES	FREE YOGA 4TH OF JULY!	LADIES WHO LIFT UPPER BODY PLUS	
SYLVIA		SYLVIA	ASHLEY	SYLVIA	
1700-1800			1700-1730	1700-1800	0800-0900
ALL LEVELS YOGA			H2O CLINIC (ALL LEVELS)	STRETCH AND BREATHE	VINYASA YOGA
ASHLEY S.			DEB	ASHLEY S.	ASHLEY S.
	1700-1800	1700-1800	1730-1800		0845-0945
	*HIIT CARDIO & STRENGTH	HIGH LOW FITNESS	H2O DRILLS		H2O HIIT
	ERICA (2ND & 4TH TUE)	KATIE	DEB		DEB
	1700-1800	1715-1745	1730-1830		0900-1000
	H2O CLINIC (ALL LEVELS)	H2O BALANCE	BODY TONE		HIGH FITNESS
	DEB	DEB	ADELE		KATIE
1730-1815	1800-1830	1730-1815	1730-1815		1000-1030
SPIN 	H2O CLINIC (ALL LEVELS)	SPIN 	CYCLING W/A SIDE OF RIP 		H2O BASICS
ADELE	DEB	ADELE	HANS		DEB
1800-1900	1800-1900	1800-1900	1800-1830	1800-1900	1030-1100
ZUMBA	ZUMBA STEP	*HIIT CARDIO & STRENGTH	H2O BASICS	ZUMBA	H2O DRILLS
MICHELLE	MICHELLE	ERICA (1ST&3RD WED)	DEB	MICHELLE	DEB

NON-ID CARDHOLDERS ARE WELCOME 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

BODY TONE: FULL-BODY RESISTANCE TRAINING CLASS FOR ALL AGE GROUPS AND ABILITIES. STUDENTS PERFORM EXERCISES USING MATS, DUMBBELLS, AND THEIR BODYWEIGHT TO TONE THEIR BODY FROM HEAD TO TOE! AN AWESOME PLAYLIST WILL HELP PARTICIPANTS FORGET HOW HARD THEY ARE WORKING.

CYCLING W/A SIDE OF RIP: 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!

H2O BALANCE: CHALLENGING WORKOUT COMBINING FLOATING EXERCISE MATS WITH A BOOT CAMP STYLE WORKOUT DESIGNED TO INCREASE BALANCE AND AGILITY. EQUIPMENT IS SET UP IN DEEP WATER, SO THE ABILITY TO SWIM IN WATER 5-10 FEET DEEP IS REQUIRED. CLASS IS LIMITED TO 8 PARTICIPANTS.

H2O BASICS: WOULD YOU LIKE TO LEARN HOW TO SWIM BUT AREN'T SURE WHERE TO START OR DON'T FEEL COMFORTABLE IN THE WATER? THIS 30 MINUTE CLINIC IS DESIGNED TO FOCUS ON BALANCE, BREATH CONTROL, AND CONFIDENCE IN THE WATER.

H2O HIIT: 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. YOU SET YOUR WATER DEPTH. WE PROVIDE THE MOTIVATION. THIS LOW/NO IMPACT WORKOUT IS SUITABLE FOR ALL LEVELS. BEGINNERS WELCOME!

H2O DRILLS: ARE YOU A FITNESS SWIMMER DESIRING TO ADD NEW STROKES TO YOUR ARSENAL? PERHAPS YOU'D LIKE TO LEARN TO TURN MORE EFFICIENTLY. THIS STROKE AND TURN CLINIC IS PACKED WITH DRILLS DESIGNED TO HELP YOU ACHIEVE YOUR FITNESS SWIMMING GOALS.

H2O SWIM & STRENGTH: 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.

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.

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 A BLAST DURING MODERATE PACED SMALL GROUP WORKOUTS. TWO DAYS ARE DEDICATED TO CHEST, ARMS, BACK, SHOULDERS, AND CORE. ONE DAY IS FOR LEG AND GLUTES. WORKOUTS AND MODE ARE VARIED EVERY WORKOUT SO YOU GRADUALLY LEARN HOW TO DO IT ALL.

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.

HATHA YOGA: A YOGA PRACTICE FOCUSED ON BUILDING STRENGTH AND STAMINA, INCREASING FLEXIBILITY, AND SLOWLY MOVING ENERGY THROUGH THE BODY. PERFECT FOR THE BEGINNER YOGI AND RETURNING YOGI WHO WOULD LIKE A FOCUSED PRACTICE. ALL LEVELS WELCOME.

RESTORATIVE YOGA: A GENTLE, RESTORATIVE, INJURY-FRIENDLY YOGA PRACTICE THAT ALLOWS THE BODY AND MIND TO RELAX. THE PERFECT COMPLEMENT TO A LONG WEEK OF WORK, TRAVEL, AND/OR TRAINING.

SLOW FLOW YOGA-DESCRIPTION IS: A GENTLE PRACTICE WHICH COMBINES DEEP BREATHING, STRETCHING AND RELAXED POSTURES TO BRING RESTORATIVE ENERGY TO BOTH BODY AND MIND.

VINYASA YOGA: 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®: FUSES INTERNATIONAL RHYTHMS AND MOVES TO CREATE EXERCISE IN DISGUISE UTILIZING THE NATURALLY OCCURRING INTERVALS OF THE MUSIC. ALL LEVELS ARE WELCOME!

FITNESS COORDINATOR: SYLVIA GARCIA 301-677-2349/3716 EMAIL: 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.