



# GAFFNEY GROUP FITNESS SCHEDULE

## MAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1600-1700 <b>HATHA YOGA COMING SOON</b> ASHLEY S.	1700-1800 H2O CLINIC (ALL LEVELS) DEB	HIGH LOW FITNESS	1700-1730 H2O CLINIC (ALL LEVELS) DEB	1030-1130 LADIES WHO LIFT SYLVIA	0800-0900 <b>VINYASA YOGA COMING SOON</b> ASHLEY S.
1700-1800 ZUMBA STEP MICHELLE(6TH& 20TH)	1700-1800 *HIIT CARDIO & STRENGTH ERICA (7TH&21ST)	1730-1815 <b>SPIN</b> ADELE	1730-1830 BODY TONE ADELE	1700-1800 <b>RESTORATIVE YOGA COMING SOON</b> ASHLEY S.	0845-0945 H2O HIIT DEB
1730-1815 <b>SPIN</b> ADELE	1800-1830 H2O CLINIC (ALL LEVELS) DEB	1800-1900 *HIIT CARDIO & STRENGTH ERICA (1ST&15TH)	1730-1815 <b>CYCLING W/A SIDE OF RIP</b> HANS	1800-1900 ZUMBA MICHELLE	0900-1000 HIGH FITNESS ASHLEY J. & KATIE
1800-1900 HIGH FITNESS ASHLEY J. & KATIE	1800-1900 ZUMBA STEP MICHELLE	 <b>MAY THE FOURTH</b> <b>Be With You</b> <b>Aerobathon</b> <b>0900-1200</b>	1730-1800 H2O DRILLS DEB		1000-1030 H2O BASICS DEB
			1800-1830 H2O BASICS DEB		1030-1100 H2O DRILLS 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 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:** LWL is your introduction to strength training on the weightroom floor. From mastering technique in the squat, deadlift, pullup, bench press, and other 'big' exercises, to learning to use 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. Workouts and mode are varied every Friday

**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 moving energy through the body. Perfect for the beginner, returning yogi, or anyone who would like a focused practice.

**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.

**Vinyasa Yoga:** A VIGOROUS, heat-building vinyasa flow practice, complemented by mindful breathing and a final relaxation. 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.