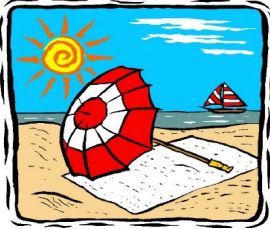














GFC Group Fitness Schedule

July

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1300-1400		1300-1400	1300-1400		0845-0945
Ladies Who Lift UPPER body		Ladies Who Lift LOWER body	Ladies Who Lift TOTAL Body		H2O HIIT
 Sylvia		 Sylvia	 Sylvia		Deb 
NO CLASSES July 4th & 7th	1700-1900 Swim & Sculpt Hour Civilians \$5.00 and Active Duty FREE			 Cancellations are posted on the SFA Facebook page.	
1730-1815	Civilians & Retirees welcome! <i>Self-paced, no instructor.</i>	1730-1815	1730-1815	 Facebook	
 Spin Adele		 Spin no class 2nd Adele	 Spin Hans		
1800-1900	1800-1900	1800-1900		1805-1905	
Zumba no class 6th	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. Email Fitness Manager sylvia.l.garcia.naf@army.mil with inquiries.**

Class Descriptions

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.

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.**

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