

GFC Group Fitness Schedule



October



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1200-1300 Power Yoga Flow no class 14th & 28th Ashley S.	FREE COSTUME Halloween Aerobathon 10/18 10am-12pm		0545-0630  Spin Aislynn	0830-0930 Spin  Katia
1300-1400	1300-1400			1300-1400	1300-1400
Ladies Who Lift UPPER Body	Ladies Who Lift LOWER body	Deep Stretch Yoga	Ladies Who Lift TOTAL body	Gentle Flow Yoga	H2O HIIT
 Sylvia	 Sylvia	Ashley S.	 Sylvia	Ashley S.	Deb
1730-1815	1730-1815	1730-1815	1730-1815		
 Spin	Spin	 Spin	 Spin		
Adele	 Katia/Hans	Adele	Katia/Hans		
1800-1900	1800-1900	1800-1900	no class Oct 10th & 13th	1805-1905	 Facebook
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. 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.**

Gentle Yoga - A slow-paced yoga practice combining movement with the breathe, allowing the body to stretch and strengthen while calming the mind. All abilities welcome. - **NO GENTLE YOGA CLASS SEPTEMBER 1ST.**

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: HITT 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