

GAFFNEY GROUP FITNESS SCHEDULE

JANUARY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
New Year's Revolution AEROBATHON Jan 4th @ GAFFNEY 0930-1230		1200-1300 SLOW FLOW YOGA ON 1/8/24	1700-1730 H2O CLINICS	1100-1200 VINYASA FLOW	0830-0930 SPIN 
1300-1400 LADIES WHO LIFT	1700-1800 H2O CLINIC	1300-1400 LADIES WHO LIFT	1700-1800 ZUMBA	1300-1400 LADIES WHO LIFT	0845-0945 H2O HIIT
SYLVIA	DEB	SYLVIA	BRIDGET	SYLVIA	DEB
1700-1800 ALL LEVELS YOGA	1700-1800 ZUMBA	1200-1300 VINYASA YOGA ON 1/22/24	1730-1800 H2O DRILLS		
ASHLEY S.	BRIDGET	CARRIE	DEB		
	1730-1815 SPIN	1730-1815 SPIN	1730-1815 SPIN		1000-1030 H2O BASICS
	KATIA 	ADELE 	HANS 		DEB
1730-1815 SPIN 	1800-1900 H2O CLINIC		1800-1900 ZUMBA TONING	1805-1905 ZUMBA	1030-1130 H2O DRILLS
ADELE	DEB		BRIDGET	MICHELLE	DEB
1800-1900 ZUMBA	1800-1900 ZUMBA STEP	1800-1900 HIIT CARDIO & STRENGTH	1800-1830 H2O BASICS		no classes
MICHELLE	MICHELLE	ERICA	DEB		January
					1, 17, & 20

NON-ID CARDHOLDERS ARE WELCOME TO TAKE OUR FITNESS CLASSES! CLASS FEES FOR ALL: DROP-IN: \$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.

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.

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.

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 DYNAMIC, HEAT-BUILDING PRACTICE WHERE POSES AND BREATH ARE LINKED WITH CONTINUAL MOVEMENT. INCREASE CARDIO FITNESS, BUILD LEAN MUSCLE MASS, AND REDUCE MIND-BODY STRESS.

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.