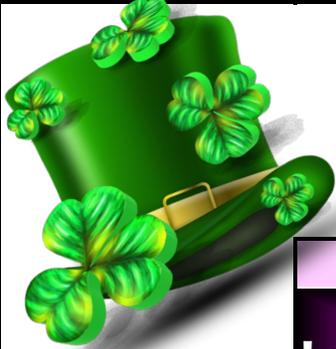


# GFC Group Fitness Schedule

## March 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
		Returns in April			Returns mid-Apr	
		Deep Stretch Yoga			Spin	
1300-1400	Returns in April	1300-1400			1300-1400	0845-0945
Ladies Who Lift TOTAL body	Gentle Flow Yoga	Ladies Who Lift UPPER Body			Ladies Who Lift LOWER body	H2O HIIT 
 Sylvia	Ashley S.	 Sylvia	 Sylvia	Deb		
1730-1815	Returns mid-Apr	1730-1815	Returns mid-Apr	1805-1905	DLS Spring Forward March 8th	
Spin no class 2nd  Adele	 Spin Katia	Spin no class 4th  Adele	 Spin Katia	Zumba no class 20th Michelle		
1800-1900	1800-1900	1800-1900	 <p>CELEBRATING <b>WOMEN'S HISTORY MONTH</b></p>			
Zumba no class 23rd Michelle	Zumba STEP no class 3rd Michelle	HIIT Cardio & Strength Erica				

Must be 18+ and older, eligible retiree, DOD Civ, Active Duty, reservist, or authorized family member. Group Fitness Drop-in \$5. Punch Cards-10 for \$40/20 for \$80 paid with credit card or tap-to-pay. All sales final. Cards good for 3 months. Email Fitness Manager [sylvia.l.garcia.naf@army.mil](mailto: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 .**

**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, abs, glutes, and uses free-weights.**

**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. 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.**

**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](mailto: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**