






FORT LEE FAMILY AND MWR FITNESS CLASSES

NOVEMBER 2021

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Spin 6 - 7 a.m. • Shauna HITT 5:30 - 6:30 p.m. • Natasha	3 Zumba 6 - 7 p.m. • Nikisha	4 Spin 6 - 7 a.m. • Shauna HITT 5:30 - 6:30 p.m. • Natasha	Zumba Fusing Latin rhythms with dance & aerobics. Interval training with resistance training improves cardiovascular fitness while burning fat. Open to all fitness levels.
9 Spin 6 - 7 a.m. • Shauna HITT 5:30 - 6:30 p.m. • Natasha	10 Zumba 6 - 7 p.m. • Nikisha	11 	HIIT High Intensity Interval Training A challenging workout with equipment & bodyweight that alternates between quick intensity & slow recovery while burning maximum calories. Open to all fitness levels.
16 Spin 6 - 7 a.m. • Shauna Alzheimer's Awareness Spin Bootcamp 5:30 - 6:30 p.m. • Stephanie 	17 Zumba 6 - 7 p.m. • Nikisha	18 Spin 6 - 7 a.m. • Shauna	Spin Driving beats will inspire you to pedal up hills in a high-intensity, low-impact, endurance class. Helps improve cardiorespiratory, muscular endurance & strength. Open to all fitness levels.
23/30 Spin 6 - 7 a.m. • Shauna	24	25 	

NOTE: The cost is \$7 per class or 10 classes for \$35.

You must be 18 years of age in order to attend the fitness classes and have a valid military ID card.
All classes are held at MacLaughlin Fitness Center. Personal Training and Running Coaching services are available.

Purchase your fitness classes in person at MacLaughlin Fitness Center or online at

lee.armymwr.com/programs/fitness-classes-1