

We appreciate your patience and understanding as precautions have necessitated a scaling back of our Fitness Class schedule to reflect our patrons' concern over COVID. We encourage you to supplement and enhance your workout by taking advantage of the services of our Personal Trainer and Running Coach now being offered.



FORT LEE FAMILY AND MWR FITNESS CLASSES

JANUARY 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 NEW YEAR'S DAY HOLIDAY	2
4	5	6 Zumba 6:00-7:00pm (Nikisha)	7 HIIT 5:30-6:30pm (Natasha) Zumba 6:35-7:35pm (Cristina)	8	9
11	12 HIIT 5:30-6:30pm (Natasha)	13 Zumba 6:00-7:00pm (Nikisha)	14 HIIT 5:30-6:30pm (Natasha) Zumba 6:35-7:35pm (Cristina)	15	16
18 MARTIN LUTHER KING DAY HOLIDAY	19 HIIT 5:30-6:30pm (Natasha)	20 Zumba 6:00-7:00pm (Nikisha)	21 HIIT 5:30-6:30pm (Natasha) Zumba 6:35-7:35pm (Cristina)	22	23
25	26 HIIT 5:30-6:30pm (Natasha)	27 Zumba 6:00-7:00pm (Nikisha)	28 HIIT 5:30-6:30pm (Natasha) Zumba 6:35-7:35pm (Cristina)	29	30

Purchase your fitness classes in person at MacLaughlin Fitness Center or online at lee.armymwr.com/programs/fitness-classes-1

NOTE: The cost is \$7 per class or 10 classes for \$35. Virtual Classes are free of charge.
 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.