

MACLAUGHLIN FITNESS CENTER

July 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30 Spin w/Sarah 5:45-6:45 pm	1	2 Zumba w/Nikisha 6:00-7:00 pm	3 GYM CLOSED	4 HAPPY INDEPENDENCE DAY	5
5	6 Spin w/Sarah 5:45-6:45 pm	7	8 Spin w/Sarah 5:45-6:45 pm Zumba w/Nikisha 6:00-7:00 pm	10	11	12
13	14 Spin w/Sarah 5:45-6:45 pm	15	16 Spin w/Sarah 5:45-6:45 pm Zumba w/Nikisha 6:00-7:00 PM	17	18	19 Rise & Shine Yoga Williams Stadium w/Aliyah 9:00 am
20	21 Spin w/Sarah 5:45-6:45 pm	22	23 Spin w/Sarah 5:45-6:45 pm Zumba w/Nikisha 6:00-7:00 pm	24	25	26 Yoga w/Aliyah 9:00-10:00 am
27	28 Spin w/Sarah 5:45-6:45 pm	29	30 Spin w/Sarah 5:45-6:45 pm Zumba w/Nikisha 6:00-7:00 pm	31	1	2 Rise & Shine Yoga Williams Stadium w/Aliyah 9:00 am

GROUP CLASSES:

LOCATED AT MACLAUGHLIN FITNESS

CENTER BUILDING: 4320

PHONE: 804.765.3070

*FOR CLASSES DURING PT HOURS PLEASE
ENSURE YOU ARE WEARING THE CORRECT
DRESS CODE (PT'S VS. CIVILIANS) *

PLEASE MAKE SURE TO BRING A WATER
BOTTLE AND TOWEL TO CLASSES

Cycling w/Coach Sarah

Fast paced workout climb, sprint and train to incredible music while making your legs burn.

Group Fitness Class Pricing:

Day Pass: \$7 – One Class

Punch Card: \$35 – Ten Classes

Hatha Yoga w/Aliyah

Hatha Yoga integrates posture, breathing exercises, relaxation and meditation to harmonize you - body, mind and spirit.

Zumba w/Nikisha

Dance-based fitness technique combining salsa, samba, merengue, reggaeton and hip-hop w/cardio moves = fast paced, heart-pumping workout.



SCAN QR CODE
FOR MONTHLY
FITNESS
CALENDAR

