

# MACLAUGHLIN FITNESS CENTER

## June 2025

| Sunday | Monday                             | Tuesday                            | Wednesday   | Thursday   | Friday | Saturday  |
|--------|------------------------------------|------------------------------------|---|--|--------|---|
| 1      | 2<br>Spin w/Sarah<br>5:45-6:45 pm  | 3<br>Yoga w/Aliyah<br>6:00-7:00 pm | 4<br>Zumba w/Nikisha<br>6:00-7:00 pm<br>Spin w/Sarah<br>5:45-6:45 pm  | 5<br>Yoga w/Aliyah<br>6:00-7:00 pm                     | 6      | 7<br>Yoga w/Aliyah<br>9:00-10:00 am                                   |
| 8      | 9<br>Spin w/Sarah<br>5:45-6:45 pm  | 10<br>Yoga w/Aliyah<br>6:00-7:00pm | 11<br>Zumba w/Nikisha<br>6:00-7:00 pm<br>Spin w/Sarah<br>5:45-6:45 pm | 12<br>Yoga w/Aliyah<br>6:00-7:00 pm                    | 13     | 14<br>Yoga w/Aliyah<br>9:00-10:00 am                                  |
| 15     | 16<br>Spin w/Sarah<br>5:45-6:45 pm | 17<br>Yoga w/Aliyah<br>6:00-7:00pm | 18<br>Zumba w/Nikisha<br>6:00-7:00 PM<br>Spin w/Sarah<br>5:45-6:45 pm | 19<br><b>Holiday Hours</b><br><b>8:00 am - 4:00 pm</b> | 20     | 21<br><b>International Yoga Day</b><br>Yoga w/Aliyah<br>9:00-10:00 am |
| 22     | 23<br>Spin w/Sarah<br>5:45-6:45 pm | 24<br>Yoga w/Aliyah<br>6:00-7:00pm | 25<br>Zumba w/Nikisha<br>6:00-7:00 pm<br>Spin w/Sarah<br>5:45-6:45 pm | 26<br>Yoga w/Aliyah<br>6:00-7:00 pm                    | 27     | 28<br>Yoga w/Aliyah<br>9:00-10:00 am                                  |
| 29     | 30<br>Spin w/Sarah<br>5:45-6:45 pm | 1<br>Yoga w/Aliyah<br>6:00-7:00 pm | 2<br><b>NO CLASSES</b>  |  |        |   |

## 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

