

MACLAUGHLIN FITNESS CENTER

August 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 Yoga w/Aliyah 9:00-10:00 am
3	4 Spin w/Sarah 5:45-6:45 pm	5	6 Spin w/Sarah 5:45-6:45 pm Zumba w/Nikisha 6:00-7:00 pm	7 Yoga w/Aliyah 6:00-7:00 pm	8 SPECIAL EVENT GLOW SPIN w/Sarah 5:45-6:45 pm \$7 per person/No passes	9
10	11 Spin w/Sarah 5:45-6:45 pm	12	13 Spin w/Sarah 5:45-6:45 pm Zumba w/Nikisha 6:00-7:00 pm	14	15	16
17	18 Spin w/Sarah 5:45-6:45 pm	19	20 Spin w/Sarah 5:45-6:45 pm Zumba w/Nikisha 6:00-7:00 pm	21 Yoga w/Aliyah 6:00-7:00 pm	22	23
24	25 Spin w/Sarah 5:45-6:45 pm	26	27 Spin w/Sarah 5:45-6:45 pm	28 Yoga w/Aliyah 6:00-7:00 pm	29	30
31						

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

