

MACLAUGHLIN FITNESS CENTER

September 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 AUGUST	31 Line Dance w/ Tanya 6:00 pm - 7:30 pm	1 Spin w/ Keeasha 6:00 pm - 7:00 pm	2 Zumba w/Nikisha 6:00 pm - 7:00 pm	3	4	5 Spin w/ Keeasha 10:00 am - 11:00 am
6	7 Labor Day NO CLASS	8 Spin w/ Keeasha 6:00 pm - 7:00 pm	9 Zumba w/Nikisha 6:00 pm - 7:00 pm	10	11	12 Spin w/ Keeasha 10:00 am - 11:00 am <u>R&B VIBE PLAYLIST</u>
13	14 Line Dance w/ Tanya 6:00 pm - 7:30 pm	15 Spin w/ Keeasha 6:00 pm - 7:00 pm	16 NO CLASS	17	18	19 Spin w/ Keeasha 10:00 am - 11:00 am
20	21 Line Dance w/ Tanya 6:00 pm - 7:30 pm	22 Spin w/ Keeasha 6:00 pm - 7:00 pm	23 Zumba w/Nikisha 6:00 pm - 7:00 pm	24	25	26 Spin w/ Keeasha 10:00 am - 11:00 am
27	28 Line Dance w/ Tanya 6:00 pm - 7:30 pm	29 Spin w/ Keeasha 6:00 pm - 7:00 pm	30 NO CLASS			

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.

SPIN W/ COACH KEEASHA:

Fast paced cycling with an adrenaline pumping music playlist paired to workouts doing climbs, sprints and more to give you that full body burn.

ZUMBA W/ NIKISHA:

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

LINE DANCING W/ TANYA:

Line dancing is a versatile activity enjoyed globally across various music genres. Synchronized group dance performed by individuals arranged in one or more lines or rows. Dancers face the same direction and execute a repeating, choreographed sequence of steps in unison.



SCAN QR CODE
FOR MONTHLY
FITNESS
CALENDAR

Group Fitness Class Pricing:
Day Pass: \$7 – One Class
Punch Card: \$35 – Ten Classes



INTERESTED IN BEING AN INSTRUCTOR? CALL: (804) 734-7185 FOR DETAILS