

MACLAUGHLIN FITNESS CENTER

DECEMBER 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Line Dance w/Tanya 6:00-7:30 pm 	2	3 Zumba w/Nikisha 6:00-7:00 pm 	4 Yoga w/Aliyah 6:00-7:00 pm YIN YOGA 	5	6
7	8 Line Dance w/Tanya 6:00-7:30 pm 	9	10 Zumba w/Nikisha 6:00-7:00 pm 	11	12	13
14	15 Line Dance w/Tanya 6:00-7:30 pm 	16	17 Zumba w/Nikisha 6:00-7:00 pm 	18	19	20
21	22	23	24	25 	26	27
28	29	30	31	HOLIDAY BLOCK LEAVE		

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.

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.

ZUMBA W/ NIKISHA:

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

Hatha Yoga w/Aliyah:

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



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**