

# MACLAUGHLIN FITNESS CENTER

September 2025

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

## 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

