








# MACLAUGHLIN FITNESS CENTER

BREAST  CANCER  
AWARENESS MONTH

October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>Spin w/Sarah</b> 5:45-6:45 pm <b>Zumba w/Nikisha</b> 6:00-7:00 pm	<b>Yoga w/Aliyah</b> 6:00-7:00 pm		
5	<b>Spin w/Sarah</b> 5:45-6:45 pm <b>Line Dance w/Tanya</b> 6:00- 7:30 pm	7	<b>Spin w/Sarah</b> 5:45-6:45 pm <b>Zumba w/Nikisha</b> 6:00-7:00 pm	<b>Yoga w/Aliyah</b> 6:00-7:00 pm	10	11
12	<b>Columbus Day</b> <b>Indigenous Day</b> <b>No Classes</b>	14	<b>Spin w/Sarah</b> 5:45-6:45 pm  <b>PARTY IN PINK</b> <b>Zumba w/Nikisha</b> 6:00-7:00 pm	<b>Yoga w/ Aliyah</b> 6:00- 7:00 pm	17	18
19	 <b>FREE BREAST CANCER AWARENESS SPIN CLASS</b> <b>Spin w/Sarah</b> 5:45-6:45 pm <b>Line Dance w/Tanya</b> 6:00- 7:30 pm	20	 <b>Spin w/Sarah</b> 5:45-6:45 pm <b>Zombie Zumba w/Nikisha</b> 6:00-7:00 pm	 <b>SPECIAL YOGA CLASS</b> <b>Yoga w/Aliyah</b> 6:00-7:00 pm	24	25
26	 <b>SPOOKY SPIN</b> <b>Spin w/Sarah</b> 5:45-6:45 pm <b>Line Dance w/Tanya</b> 6:00- 7:30 pm	27	 <b>SPOOKY SPIN</b> <b>Spin w/Sarah</b> 5:45-6:45 pm <b>No Zumba Today</b>	<b>Yoga w/Aliyah</b> 6:00-7:00 pm		

## 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.

### 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.

### 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

### Group Fitness Class Pricing:

Day Pass: \$7 – One Class

Punch Card: \$35 – Ten Classes

