

MACLAUGHLIN FITNESS CENTER

November 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 Daylight Saving Time Ends (CLOCK TURN BACK 1HR)	3 Line Dance w/ Tanya 6:00- 7:30 pm	4	5 Zumba w/Nikisha 6:00-7:00 pm	6 Yoga w/Aliyah 6:00-7:00 pm	7	8
9	10 HOLIDAY HOURS NO CLASSES	11	12 Zumba w/Nikisha 6:00-7:00 pm	13 Yoga w/ Aliyah 6:00- 7:00 pm	14	15
16	17 Line Dance w/Tanya 6:00- 7:30 pm	18	19 Zumba w/ Nikisha 6:00-7:00 pm	20 Yoga w/Aliyah 6:00-7:00 pm	21	22
23 30	24 Line Dance w/Tanya 6:00- 7:30 pm	25	26 Zumba w/ Nikisha 6:00-7:00 pm	27 Happy Thanksgiving Day	28	29

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 step in unison.

Interested in being an instructor?
Call: 804-734-7185

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

