



# FORT LEE FAMILY AND MWR FITNESS CLASSES

## AUGUST 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
1 • <b>HIIT</b> 6:00 - 7:00 p.m. (Helen)	2 • <b>NEW Lunch Time HIIT</b> 12:00 Noon - 12:30 p.m. (Helen) • <b>Spin Class</b> 5:30 - 6:30 p.m. (Shauna)	3 • <b>Zumba</b> 6:00 - 7:00 p.m. (Niksha)	4 • <b>NEW Lunch Time HIIT</b> 12:00 Noon - 12:30 p.m. (Helen) • <b>Spin Class</b> 5:30 - 6:30 p.m. (Shauna)	<p><b>Spin Class</b> Driving beats will inspire you to pedal up hills in a high-intensity, low-impact, endurance class. Helps improve cardiorespiratory, muscular endurance &amp; strength. Open to all fitness levels.</p> <p><b>HIIT High-Intensity Interval Training</b> A challenging workout with equipment &amp; bodyweight that alternates between quick intensity &amp; slow recovery while burning maximum calories. Open to all fitness levels.</p> <p><b>NEW Lunch Time HIIT</b> A new half-hour version of our challenging high-intensity workout. Stop in during lunch for training designed to burn maximum calories. Open to all fitness levels.</p> <p><b>Zumba</b> Fusing Latin rhythms with dance &amp; aerobics. Interval training with resistance training improves cardiovascular fitness while burning fat. Open to all fitness levels.</p> <p><b>Spin Boot Camp</b> Spin and strength training come together in a full-body workout combining high-intensity cardio with weight training and core strength.</p>
8 • <b>HIIT</b> 6:00 - 7:00 p.m. (Helen)	9 • <b>NEW Lunch Time HIIT</b> 12:00 Noon - 12:30 p.m. (Helen) • <b>Spin Class</b> 5:30 - 6:30 p.m. (Shauna)	10 • <b>Zumba</b> 6:00 - 7:00 p.m. (Niksha)	11 • <b>NEW Lunch Time HIIT</b> 12:00 Noon - 12:30 p.m. (Helen) • <b>Spin Class</b> 5:30 - 6:30 p.m. (Shauna)	
15 • <b>HIIT</b> 6:00 - 7:00 p.m. (Helen)	16 • <b>NEW Lunch Time HIIT</b> 12:00 Noon - 12:30 p.m. (Helen) • <b>Spin Class</b> 5:30 - 6:30 p.m. (Shauna)	17 • <b>Zumba</b> 6:00 - 7:00 p.m. (Niksha)	18 • <b>NEW Lunch Time HIIT</b> 12:00 Noon - 12:30 p.m. (Helen) • <b>Spin Class</b> 5:30 - 6:30 p.m. (Shauna)	
22 • <b>HIIT</b> 6:00 - 7:00 p.m. (Helen)	23 • <b>NEW Lunch Time HIIT</b> 12:00 Noon - 12:30 p.m. (Helen) • <b>Spin Class</b> 5:30 - 6:30 p.m. (Shauna)	24	25 • <b>NEW Lunch Time HIIT</b> 12:00 Noon - 12:30 p.m. (Helen) • <b>Spin Class</b> 5:30 - 6:30 p.m. (Shauna)	
29 • <b>HIIT</b> 6:00 - 7:00 p.m. (Helen)	30 • <b>NEW Lunch Time HIIT</b> 12:00 Noon - 12:30 p.m. (Helen) • <b>Spin Class</b> 5:30 - 6:30 p.m. (Shauna)	31		

**NOTE: The cost is \$7 per class or 10 classes for \$35.**

You must be 18 years of age in order to attend the fitness classes and have a valid military ID card.  
All classes are held at MacLaughlin Fitness Center. Personal Training and Running Coaching services are available.

**Purchase your fitness classes in person at MacLaughlin Fitness Center or online at**  
**[lee.armymwr.com/programs/fitness-classes-1](http://lee.armymwr.com/programs/fitness-classes-1)**