

# MACLAUGHLIN FITNESS CENTER

# JANUARY 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	HOLIDAY BLOCK LEAVE					
4	5 Line Dance w/Tanya 6:00-7:30 pm	6	7 Zumba w/Nikisha 6:00-7:00 pm	8	9	10
11	12 Line Dance w/Tanya 6:00-7:30 pm	13	14 Zumba w/Nikisha 6:00-7:00 pm	15	16	17
18	19 HOLIDAY HOURS NO CLASS	20	21 Zumba w/Nikisha 6:00-7:00 pm	22	23	24
25	26 Line Dance w/Tanya 6:00-7:30 pm	27	28 Zumba w/Nikisha 6:00-7:00 pm	29	30	31

## 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!



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**