



FORT LEE FAMILY AND MWR FITNESS CLASSES

OCTOBER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	
3 • HIIT 6:00 - 7:00 p.m. (Helen)	4 • NEW Lunch Time HIIT 12:00 Noon - 12:30 p.m. (Helen)	5 • Zumba 6:00 - 7:00 p.m. (Nikisha)	6 • NEW Lunch Time HIIT 12:00 Noon - 12:30 p.m. (Helen)	HIIT High-Intensity Interval Training A challenging workout with equipment & bodyweight that alternates between quick intensity & slow recovery while burning maximum calories. Open to all fitness levels. NEW Lunch Time HIIT 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. Zumba Fusing Latin rhythms with dance & aerobics. Interval training with resistance training improves cardiovascular fitness while burning fat. Open to all fitness levels.
10  Columbus Day	11 • NEW Lunch Time HIIT 12:00 Noon - 12:30 p.m. (Helen)	12 • Zumba 6:00 - 7:00 p.m. (Nikisha)	13 • NEW Lunch Time HIIT 12:00 Noon - 12:30 p.m. (Helen)	
17	18 • NEW Lunch Time HIIT 12:00 Noon - 12:30 p.m. (Helen)	19 • Zumba 6:00 - 7:00 p.m. (Nikisha)	20 • NEW Lunch Time HIIT 12:00 Noon - 12:30 p.m. (Helen)	
24 • HIIT 6:00 - 7:00 p.m. (Helen)	25 • NEW Lunch Time HIIT 12:00 Noon - 12:30 p.m. (Helen)	26 • Zumba 6:00 - 7:00 p.m. (Nikisha)	27 • NEW Lunch Time HIIT 12:00 Noon - 12:30 p.m. (Helen)	
31 • HIIT 6:00 - 7:00 p.m. (Helen)				

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