

# MACLAUGHLIN FITNESS CENTER

# MAY 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Yoga w/Aliyah 9:00-10:00am	2	3 Yoga w/Aliyah 9:00-10:00am
4	5 Spin w/Sarah 5:45-6:45pm	6 Yoga w/Aliyah 6:00-7:00pm	7 Zumba w/Nikisha 6:00-7:00 PM Spin w/Sarah 5:45-6:45pm	8 Yoga w/Aliyah 6:00-7:00pm	9	10 Yoga w/Aliyah 9:00-10:00am
11	12 Spin w/Sarah 5:45-6:45pm	13 Yoga w/Aliyah 9:00-10:00am	14 Zumba w/Nikisha 6:00-7:00 PM Spin w/Sarah 5:45-6:45pm	15 Yoga w/Aliyah 6:00-7:00PM	16	17 Yoga w/Aliyah 9:00-10:00am
18	19 Spin w/Sarah 5:45-6:45pm	20 NO YOGA TODAY	21 Zumba w/Nikisha 6:00-7:00 PM Spin w/Sarah 5:45-6:45pm	22 NO YOGA TODAY	23 Holiday Hours 0800-1600	24 NO YOGA TODAY
25	26 Holiday Hours 0800-1600 NO SPIN CLASS	27 NO YOGA TODAY	28 Zumba w/Nikisha 6:00-7:00 PM Spin w/Sarah 5:45-6:45pm	29 NO YOGA TODAY	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

### Cycling w/Coach Sarah

Fast paced workout climb, sprint and train to incredible music while making your legs burn.

### Group Fitness Class Pricing:

Day Pass: \$7 – One Class

Punch Card: \$35 – Ten Classes

### 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

