

Fall Group Exercise Schedule

CPT Jennifer J. Shafer Odom Fitness Center, Building 1507 • 301-619-2498

(Schedule is subject to change without notice. No classes will be held on Federal holidays.)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
KICK-BOX Theresa 0615	BUTT & GUT Theresa 0615	KICK-BOX Theresa 0615	TORSO & ABS Theresa 0615	SPINNING Jay 0630	SPINNING Anne 0800	BUTT & GUT Theresa 0730
					INTERVAL TRAINING Anne 0900	SPINNING Anne 0900
STEP Kelly 1130	KICK-BOX Theresa 1130	STEP Kelly 1130	KICK-BOX Theresa 1130	STEP Kelly 1130	 <p>Women's Strength Training coming in October...</p>	
SPINNING Kelly 1630-1715	BUTT & GUT Kelly 1630	SPINNING Jay 1630-1715	BUTT & GUT Anne 1630-1715			
STEP AND STRENGTH Kelly 1730	INSTR CHOICE Tammy 1730	CARDIO CHALLENGE Anne 1730-1845	CARDIO PUMP Anne 1730	KICK-BOX Anne 1700		

Participants must sign up for Spinning, prior to class-time. Only those present at the time class begins will be guaranteed a bike!

ALL OTHER CLASSES DO NOT HAVE PRIOR REGISTRATION!

Call 301-619-2930 for more information on Group Exercise classes

CLASS DESCRIPTIONS AND HOURS OF OPERATION ON BACK!



Class Descriptions

24 classes for \$40.00 or \$2.00 per class
3 participants required to conduct a class!

Captain Jennifer J. Shafer Odom
Fitness Center, Building 1507
301-619-2498

Hours of Operation:
Monday-Friday: 0600-2100
Saturday & Sunday: 0700-1500
Federal Holidays: 1000-1500
*Closed Thanksgiving, Christmas, and
New Year's Day*



BUTT & GUT: This class uses various strength training exercises to shape and tighten those “difficult” areas. Focus will mainly be on the abdominal and gluteus muscles.

CARDIO CHALLENGE: For those of you who want a challenge in your workout! Cardio Challenge intermixes Step, Kick-Box, and Body Sculpting to give you the shape you've been searching for.

CARDIO PUMP: Add a little variety to your life! Cardio Pump utilizes the skills from Step Aerobics, Circuit Training, Interval Training, High/Low Impact Aerobics, and Kick-Box to create this exciting workout. This class is full of surprises!

INTERVAL TRAINING: Interval Training combines high and low intensity aerobic activity! This class will get you in shape in no time!

KICK-BOX: Box your way to a better body! Kick-Box is a low-impact, cardiovascular class, incorporating a variety of punches and kicks using no contact. Definitely a great workout!

SPIN: What a great cross training tool! Indoor cycling! This non-impact class is designed to meet and improve all levels of fitness. Spin involves music, motivation, and a challenging environment. This is a class no one would want to miss. **Spin bikes are limited! Participants must sign up prior to class time to reserve a space. Only those present at the time class begins will be guaranteed a bike!**

STEP INTERVAL: Have fun and work up a sweat! Step Interval is a low impact, cardiovascular class that can be high or low intensity (depending on your fitness level)! This class utilizes the Reebok step.

W.S.T. 101: *Also known as Women's Strength Training 101.* In this beginner level class, women will learn strength-training techniques using Nautilus machines, free weights, and body weight exercises. The class will also focus on flexibility and how to design a strength program. **Must have a minimum of 3 participants and a maximum of 6 per session. Classes will meet two times per week for one hour. Pre-registration is required!**

**All classes include abdominal and lower back strengthening.
Unless noted, all classes are one hour in length.**