

Fort Belvoir Community Recreation Division ~ 23 March - 30 May 2009

GROUP EXERCISE CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday
Indoor Cycling (G) 6 - 7 a.m. Beginner / Intermediate Step (S) 11:30 a.m. - 12:30 noon Power Step (G) 5:15 - 6:15 p.m.	Zumba (S) 9:15 - 10:15 a.m. Rep Fusion (S) 10:30 - 11:30 a.m. Pilates (S) 11:35 a.m. - 12:35 noon Indoor Cycling (G) 11:45 a.m. - 12:45 noon Zumba (G) 5:15 - 6:15 p.m.	Indoor Cycling (G) 6 - 7 a.m. Beginner / Intermediate Step (S) 11:30 a.m. - 12:30 noon Beginner / Intermediate Step (G) 5:15 - 6:15 p.m.	Indoor Cycling (G) 6 - 7 a.m. Yoga (S) 9:15 - 10:15 a.m. Rep Fusion (S) 10:30 - 11:30 a.m. Pilates (S) 11:35 a.m. - 12:35 noon Indoor Cycling (G) 11:45 a.m. - 12:45 noon Rep Fusion (G) 5:15 - 6:15 p.m.	Zumba (S) 11:30 a.m. - 12:30 noon

(S) Specker Field House

(G) Graves Fitness Center



Pilates: Focuses on core postural muscles which helps balance and support the spine. Learn breathing and alignment techniques of the spine.

Indoor Cycling (Spinning): An incomparable aerobic workout using a specialized stationary bike. Water bottle, towel, and stiff soled shoes are recommended.

Rep Fusion: Specifically designed to get your heart pumping, utilizing dumbbells and barbells (abs are included). An excellent way to work your muscles!

Beginner / Intermediate Step: Distinguished from other forms of aerobic exercise by its use of an elevated platform (the step). Upper and lower body workout (includes a cool down).

Zumba: A fusion of international moves, this aerobic workout is set to Latin music. Taught in a fun and party like atmosphere!

Power Step: High intensity step class that includes athletic moves incorporating high impact jumps, squats, extreme lunges and kicks. Please come ready to challenge yourself!

Yoga: A lively, energetic class that synchronizes breathing with movement! Focus on breathing and alignment while building strength, flexibility, balance and concentration. Everyone is welcome; so come challenge yourself at your level.

Group exercise classes begin 23 March and end 30 May (no classes on Federal holidays). One cost of \$62.00 includes all classes for the 10 week period (drop-in fee is \$5.00 per class). Registration will cost \$31.00 after 24 April. Registration and payments accepted at Graves Fitness Center or the Body Shop. Participants must be 16 years of age. Participants 12-15 years of age must be supervised by a responsible individual 18 years of age or older. Refunds offered for PCS, TDY moves and service injury/illness. Locations of classes are subject to change.

Information: (703) 806-5368 / 3100 ~ www.belvoirmwr.com