

AEROBIC GROUP EXERCISE

CLASSES



10 Week Session

January 9 - March 16

All classes are held at Graves Fitness Center
Cost: \$71 for 10 weeks / \$7 per class

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

6-7 am Spin		6-7 am Spin		
10:30-11:30am Yoga	10:30-11:30am Rep Fusion	10:30-11:30am Yoga	10:30-11:30am Rep Fusion	Absolution 10:30-11:30
11:45am-12:45pm Zumba	11:35am-12:35pm Pilates	11:35am-12:35pm Turbo kick	11:35am-12:35pm Pilates	11:35am- 12:35pm Zumba
	12:00-1:00pm Spin		12:00-1:00pm Spin	
5:15-6:15pm Step & Sculpt	5:15-6:15pm Power Pump	5:15-6:15pm Zumba	Yogalates 5:15-6:15	5:15 - 6:15 Zumba
			5:15-6:15 Spin	

Starting February 12, 2012 a 5 week session payment is authorized for \$36.00. Registration and payments are accepted at Graves Fitness Center and the Body Shop. Participants must be at least 16 years of age. Refunds offered for PCS, TDY moves and service injury/illness. Please note, class locations are subject to change.

Call to sign-up 703.806.5368/3100

All class descriptions are
available online: BelvoirMWR.com

