

# AEROBIC GROUP EXERCISE

# CLASSES



10 Week Session

**October 15 - December 21**

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	10:30-11:30 Absolution
11:45am-12:45pm Zumba	11:35am-12:35pm Pilates	11:35am-12:35pm Drums Alive	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	5:15-6:15 Yogalates	5:15 – 6:15 Zumba
			5:15-6:15 Spin	

*Starting November 19, 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](http://BelvoirMWR.com)

