













# GAFFNEY GROUP FITNESS SCHEDULE

# AUGUST



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
1300-1400		1200-1300	NO CLASSES Aug 30 & Sep 2	1300-1400	0800-0900	
LADIES WHO LIFT		SLOW FLOW YOGA Aug 14TH		LADIES WHO LIFT	VINYASA FLOW ONLY ON Aug 24&31	
SYLVIA		CARRIE		SYLVIA	ASHLEY S.	
1700-1800		1600-1700		1700-1730	1700-1800	0830-0930
YOGA NO CLASS 5 TO 17		VINYASA YOGA Aug 28TH	H2O CLINIC (ALL LEVELS)	STRETCH & BREATHE YOGA ONLY ON Aug 23RD	SPIN NO CLASS 3RD & 24TH 	
ASHLEY S.		CARRIE	DEB	ASHLEY S.	KATIA	
		1700-1800	1700-1800	1730-1800		0845-0945
		H2O CLINIC (ALL LEVELS)	HIGH LOW FITNESS	H2O DRILLS		H2O HIIT
	DEB	KATIE	DEB	DEB		
	1800-1900	1715-1745	1730-1830		0900-1000	
	H2O CLINIC (ALL LEVELS)	H2O BALANCE	BODY TONE		HIGH FITNESS	
	DEB	DEB	ADELE		KATIE	
1730-1815	1730-1830	1730-1815	1730-1830 		1000-1030	
SPIN 	SPIN 	SPIN 	NO CLASS 1ST & 22ND		H2O BASICS	
ADELE	KATIA	ADELE	KATIA		DEB	
1800-1900	1800-1900	1800-1900	1800-1900	1800-1900	1000-1130	
ZUMBA NO CLASS 5TH & 19TH	ZUMBA STEP NO CLASS 6TH	*HIIT CARDIO & STRENGTH	H2O BASICS	ZUMBA NO CLASS 23RD	H2O DRILLS	
MICHELLE	MICHELLE	ERICA	DEB	MICHELLE	DEB	

\*NON-ID CARDHOLDERS ARE WELCOME TO TAKE OUR FITNESS CLASSES!\* (\*\$5 RATE APPLIES) CLASS DROP-INS: \$5. GROUP FITNESS PUNCH CARDS: 10 FOR \$40/20 FOR \$80. WE ACCEPT CASH, CARDS,& CHECKS. ALL SALES FINAL. CARDS GOOD FOR 3 MONTHS.

# CLASS DESCRIPTIONS

**BODY TONE: FULL-BODY RESISTANCE TRAINING CLASS FOR ALL AGE GROUPS AND ABILITIES. STUDENTS PERFORM EXERCISES USING MATS, DUMBBELLS, AND THEIR BODYWEIGHT TO TONE THEIR BODY FROM HEAD TO TOE! AN AWESOME PLAYLIST WILL HELP PARTICIPANTS FORGET HOW HARD THEY ARE WORKING.**

**H2O BALANCE: CHALLENGING WORKOUT COMBINING FLOATING EXERCISE MATS WITH A BOOT CAMP STYLE WORKOUT DESIGNED TO INCREASE BALANCE AND AGILITY. EQUIPMENT IS SET UP IN DEEP WATER, SO THE ABILITY TO SWIM IN WATER 5-10 FEET DEEP IS REQUIRED. CLASS IS LIMITED TO 8 PARTICIPANTS.**

**H2O BASICS: THIS 30-MINUTE CLINIC IS DESIGNED TO WORK ON BREATHING TECHNIQUES, BODY BALANCE IN THE WATER, PROPER KICK FORM, AND PROPER ARM STROKE FORM FOR SWIMMING. GREAT FOR BEGINNERS AND INTERMEDIATE LEVEL SWIMMERS WHO WANT TO GAIN CONFIDENCE OR TROUBLESHOOT PROGRESS ISSUES.**

**H2O HIIT: HIGH INTENSITY INTERVAL TRAINING HAS COME TO THE POOL! H2O HIIT CLASS COMBINES CARDIO, STRENGTH, AND AGILITY TRAINING WITH THE ALL AROUND RESISTANCE OF WATER. YOU SET THE PACE AND INTENSITY. YOU SET YOUR WATER DEPTH. WE PROVIDE THE MOTIVATION. THIS LOW/NO IMPACT WORKOUT IS SUITABLE FOR ALL LEVELS. BEGINNERS WELCOME!**

**H2O DRILLS: THIS STROKE AND TURN CLINIC IS DESIGNED TO GIVE YOU COACHED PRACTICE TIME TO BUILD ENDURANCE AND SWIMMING TECHNIQUE. PARTICIPANTS WILL WORK IN FULL LANE LENGTHS OF 25 METERS IN DEPTHS OF 3-10 FEET OF WATER. BRING YOUR OWN DRILLS OR HAVE A DRILL SET DESIGNED FOR YOU BY OUR TRAINING INSTRUCTOR**

**H2O CLINICS ALL LEVELS: H2O BASICS AND H2O DRILLS SPLIT THE POOL FOR THIS 30-MINUTE SESSION.**

**HIGH FITNESS: IS AN INTENSE YET FUN FITNESS CLASS THAT INCORPORATES AEROBIC INTERVAL TRAINING WITH MUSIC AND EASY CHOREOGRAPHY. HIGH FITNESS PRODUCES HIGH CALORIC BURN AND FULL-BODY TONING. HIGH FITNESS HAS BROUGHT AEROBICS BACK IN A HIP AND UNIQUE WAY, AND THE WORLD IS TAKING NOTICE.**

**HIIT CARDIO AND STRENGTH CLASS: HIIT IS A HIGH INTENSITY INTERVAL CLASS WITH MODIFICATIONS ADDED FOR A FULL BODY WORKOUT. THIS INCLUDES CARDIO, WEIGHTS, AND CORE.**

**LADIES WHO LIFT: BUILD YOUR CONFIDENCE ON THE WEIGHTROOM FLOOR. FROM MASTERING TECHNIQUE WITH BARBELLS, DUMBBELLS, PLATE-LOADED, AND PULLEY BASED EQUIPMENT, YOU'LL HAVE A BLAST DURING MODERATE PACED SMALL GROUP WORKOUTS. WORKOUTS AND MODE ARE VARIED EVERY WORKOUT SO YOU GRADUALLY LEARN HOW TO DO IT ALL.**

**SPIN (INDOOR CYCLING): THIS SHORT SUPER HIGH INTENSITY CLASS IS FOR ALL LEVELS. BLAST AWAY CALORIES WITH HIGH ENERGY SPINNING DRILLS, INTERVAL TRAINING, AND STRENGTH RIDES. GREAT CARDIOVASCULAR WORKOUT SIMULATING A VARIETY OF HILL CLIMBS, FLAT ROADS, AND SPRINTS TO UPBEAT TUNES. THIS CLASS IS FOR ALL FITNESS LEVELS BRING TOWEL AND WATER BOTTLE.**

**STRETCH AND BREATHE: A GENTLE, INJURY-FRIENDLY PRACTICE ALLOWING THE BODY AND MIND TO NATURALLY RELEASE, RESTORE, AND RELAX THROUGH SUPPORTED POSTURES. REDUCES STRESS, ENHANCES SLEEP, AND BALANCES THE NERVOUS SYSTEM.**

**YOGA(ALL LEVELS): AN ALIGNMENT-BASED PRACTICE THAT INCREASES STRENGTH, BALANCE, AND FLEXIBILITY. THE SLOW, MINDFUL MOVEMENTS ENHANCE THE MIND, BODY, AND SPIRIT CONNECTION. PERFECT FOR STRESS AND PAIN MANAGEMENT, IMPROVED POSTURE, AND HEART HEALTH.**

**SLOW FLOW YOGA-DESCRIPTION IS: A GENTLE PRACTICE WHICH COMBINES DEEP BREATHING, STRETCHING AND RELAXED POSTURES TO BRING RESTORATIVE ENERGY TO BOTH BODY AND MIND.**

**VINYASA FLOW: A DYNAMIC, HEAT-BUILDING PRACTICE THAT INCREASES STRENGTH, FLEXIBILITY, AND BALANCE. POSES AND BREATH ARE LINKED WITH CONTINUAL MOVEMENT. INCREASES CARDIO FITNESS, BUILDS LEAN MUSCLE MASS, AND REDUCES MIND-BODY STRESS.**

**ZUMBA®: FUSES INTERNATIONAL RHYTHMS AND MOVES TO CREATE EXERCISE IN DISGUISE UTILIZING THE NATURALLY OCCURRING INTERVALS OF THE MUSIC. ALL LEVELS ARE WELCOME!**

**FITNESS COORDINATOR: SYLVIA GARCIA 301-677-2349/3716 EMAIL: SYLVIA.L.GARCIA.NAF@ARMY.MIL NO CLASSES ON FEDERAL AND TRAINING HOLIDAYS. GAFFNEY FITNESS CENTER, 6330 BROADFOOT RD., FT. MEADE, MD 20755. NON-ID CARDHOLDERS MAY TAKE CLASSES AT OUR \$5 DROP IN RATE.**