

DAHLGREN FITNESS CENTER

17540 DAHLGREN RD. BLDG. 1610 | 540 653 8580 | OPEN TO ALL WITH BASE ACCESS

GROUP EXERCISE CLASSES

UPDATED
2 FEB 2022

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
0630-0715			INDOOR CYCLING		
0930-1030		SWEAT		SWEAT	
1630-1730	CIRCUIT TRAINING	YOGA			

CLASS DESCRIPTIONS

INDOOR CYCLING: All levels welcome! Pedal through hill climbs, sprints and other challenging drills & exercises. Get a great workout & improve cardiovascular conditioning while listening to exciting music.

SWEAT: Break a sweat with weights, getting your heart rate up & testing muscle endurance. This class works the entire body & leaves you feeling challenged, motivated & ready to come back for more.

YOGA: All levels welcome! Class concentrates on techniques with the goal of bringing about sound mind & healthy body with bodily postures & breathing to calm the mind.

CIRCUIT TRAINING: Build your muscular endurance and cardiovascular fitness with this intense and effective workout targeting various muscle groups. Be ready to be challenged!

COST

Active-duty, Retired Military & Dependents: Free

Single Class: \$4 | 8-class Punch: \$24 | 20-class Punch: \$50 | Monthly Pass: \$15

PERSONAL TRAINING (rates are per 1-hour session and include a free consultation)

Active-Duty \$10 | Retired Military & Dependents: \$15 | DoD Civilian & Contractor: \$20



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