DAHLGREN FITNESS CENTER

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

GROUP EXERCISE CLASSES

UPDATED
October 2025

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	0730-0830 Beginner Tai Chi	0630-0715 Indoor Cycling	0730-0830 Motion Matrix	0700-0745 YOGA	0730-0830 Advanced Tai Chi
	0900-1000 NOFFS	0900-1000 SWEAT	0900-0930 HIIT	0900-1000 Cardio/Core	
	1630-1730 NOFFS	1630-1730 YOGA	1630-1730 NOFFS	1630-1715 Indoor Cycling	

CLASS DESCRIPTIONS

INDOOR CYCLING: All levels welcome! Pedal through hill climbs, sprints and drills.
SWEAT: Break a sweat with weights, getting your heart rate up & testing muscle endurance.
HIIT: Don't have much time? This heart pumping workout is for you!.
NOFFS: Build strength and functional performance: weights, plyometric, sprinting, agility and flexibility.
MOTION MATRIX: This class is geared towards the maintaining functionality of daily living activities.
YOGA: All levels class. Great way to start your day with stretching, breath work and flexibility.
CARDIO/CORE: Get your heart rate up followed by a great core and stability workout.
BEGINNER TAI CHI: Improve your balance, memory, and focus. This class teaches 24 basic moves, eventually put together in a format. It's meditation in motion and moves can modified if needed. This is a progressive class and recommended that you attend regularly.
ADVANCED TAI CHI: We'll explore 10 fundamental principles of Tai Chi and apply them to the Yang 24 Short Form, helping you discover how to make each movement feel smoother, more connected, and natural.

ALL LEVELS ARE WELCOME TO ALL CLASSES

COST

Active-duty, Retired Military & Dependents: Free
Single Class: $6 | 8-class Punch: $32 | 20-class Punch: $70 | Monthly Pass: $20

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

Active-Duty $10 | Retired Military & Dependents: $20 | DoW Civilian & Contractor: $25

MWR FITNESS

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