

DAHLGREN FITNESS CENTER

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

GROUP EXERCISE CLASSES

**UPDATED
JULY 2025**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	0900-1000 NOFFS	0630-0715 Indoor Cycling	0730-0830 Motion Matrix	0700-0745 YOGA	0730-0830 Tai Chi
		0900-1000 SWEAT	0900-0930 HIIT	0900-1000 Cardio/Core	
	1630-1730 CIRCUIT TRAINING	1630-1730 YOGA	1630-1730 STRENGTH & CONDITION	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!

CIRCUIT TRAINING/STRENGTH COND: Build your muscular endurance and cardiovascular fitness.

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.

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 be modified if needed. This is a progressive class and recommended that you attend regularly.

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 | DoD Civilian & Contractor: \$25



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