

DAHLGREN FITNESS CENTER

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

GROUP EXERCISE CLASSES

UPDATED
1 JULY 2022

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
0630-0715			HIIT CYCLING (INDOOR)		INDOOR CYCLING
0900-0945		SWEAT			
1615-1700	INDOOR CYCLING				

CLASS DESCRIPTIONS

HIIT CYCLING: This class will not only challenge your cardiovascular system but your strength as well. This is an on and off bike kind of work out. Be ready to work!

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 & leave you feeling challenged, motivated & ready to come back for more.

COST

Active-duty, Retired Military & Dependents: Free

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

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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