

DAHLGREN FITNESS CENTER GROUP EXERCISE SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	INDOOR CYCLING 0630-0715	MOTION MATRIX 0730-0830	YOGA 0700-0745	ADVANCED TAI CHI 0730-0830
NOFFS 0900-1000	SWEAT 0900-1000	HIIT 0900-0930	CARDIO/CORE 0900-1000	
NOFFS 1630-1730	YOGA 1630-1730	NOFFS 1630-1730	INDOOR CYCLING 1630-1715	

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

PRICES

ACTIVE-DUTY, RETIRED MILITARY & DEPENDENTS: FREE

Single Class: \$6 | 8-Class Punch: \$32 | 20-Class Punch: \$70 | Monthly Pass: \$20

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

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

DAHLGREN FITNESS CENTER
17540 DAHLGREN RD.
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Open to all with base access.

**ALL LEVELS ARE WELCOME
TO ALL CLASSES**