

DAHLGREN FITNESS CENTER

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

GROUP EXERCISE CLASS SCHEDULE | UPDATED OCT. 2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
0630-0715			SPIN		SPIN
0900 - 1000	SWEAT		SWEAT		
1630 - 1700	BOOT CAMP	CARDIO DANCE (1630-1715)	BOOT CAMP	HATHA YOGA (1630-1715)	

COST

ACTIVE-DUTY, RETIRED MILITARY & DEPENDENTS: FREE

SINGLE CLASS: \$4 | 8-CLASS PUNCH: \$24 | 20-CLASS PUNCH: \$50 | MONTHLY PASS: \$15

BOOT CAMP: 30-MINUTE CLASS CONSISTS OF HIGH REPETITIONS WITH MINIMAL REST, BUILDS CARDIOVASCULAR FITNESS, IMPROVES STRENGTH, TARGETS MUSCLE GROUPS, & MAXIMIZES CALORIE BURN DURING & AFTER WORKOUT.

CARDIO DANCE: NO EXPERIENCE NECESSARY! BURN CALORIES WITH THIS DYNAMIC WORKOUT COMBINING DANCE MOVEMENTS TO ENERGETIC MUSIC ALLOWING YOUR MIND TO RELAX WHILE YOUR BODY IS IN CONSTANT MOTION.

HATHA YOGA: ALL LEVELS WELCOME! CLASS CONCENTRATES ON MEDITATION TECHNIQUES WITH THE GOAL OF BRINGING ABOUT SOUND MIND & HEALTHY BODY WITH BODILY POSTURES & BREATHING TO CALM THE MIND.

SPIN: 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.

PERSONAL TRAINING

RATES ARE PER 1-HOUR SESSION AND INCLUDE A FREE CONSULTATION.

\$10 | ACTIVE-DUTY
\$15 | RETIRED MILITARY & DEPENDENTS
\$20 | DOD CIVILIAN & CONTRACTOR

AQUATICS CENTER

THE DAHLGREN AQUATICS CENTER IS CLOSED UNTIL FURTHER NOTICE. FOLLOW @DAHLGRENFFR FOR RE-OPENING DATES. THANK YOU FOR UNDERSTANDING.