

DAHLGREN FITNESS CENTER

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

GROUP EXERCISE CLASS SCHEDULE | UPDATED AUG. 2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
0630-0715			INDOOR CYCLING		
0900 - 0945		SWEAT		SWEAT	
1630 - 1700	BOOT CAMP	NEW CARDIO DANCE (1630-1730)	BOOT CAMP		

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.

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.

PERSONAL TRAINING

STOP BY THE FRONT DESK OR CALL THE FITNESS CENTER AT 540-653-8580 TO SCHEDULE AN APPOINTMENT WITH A PERSONAL TRAINER. RATES ARE PER 1-HOUR SESSION AND INCLUDE A FREE CONSULTATION.

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

WWW.NAVYMWRDAHLGREN.COM/FITNESS-SPORTS

