



# Energy Zone Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30am	Body Pump		Pax Pump	Kickboxing		
5:45am	Spinning™	Spinning™ & Core		Spinning™ & Core		
8:00am						Body Step
9:00am	Aqua Aerobics		Aqua Aerobics		Aqua Aerobics	Body Pump
10:00am						Aqua Aerobics Zumba
11:30am	Pax Pump	Body Step	Body Pump	Zumba	Pax Pump	
4:30pm	Zumba	Body Pump	Body Step	Body Pump		
4:45pm	Spinning™					
5:00pm		Aqua Aerobics		Aqua Aerobics		
5:00pm				Distance Spinning™		
5:30pm		Distance Spinning™	Zumba			

FREE to Active Duty, Retired & Reservist Military

\$4.50 per class, \$26 for 8 classes, \$55 for 20 classes, \$120 for 6 months unlimited

## CLASS DESCRIPTIONS

**Aqua Aerobics:** Add variety to your workout - enjoy the benefits of both shallow and deep water in this low-impact, high intensity workout. Classes are held at the Pool.

**Body Pump™:** A class using barbells and adjustable weights to tone and condition muscles while raising metabolic rate for fat-burning.

**BODY STEP™:** BODY STEP™ uses a height-adjustable step and simple movements on, over and around the step. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

**Cardio Combo:** Cardio, Cardio, Cardio! Combine step and floor aerobics for a great cardiovascular workout.

**Spinning™:** Cross train by rotating through three stages of endurance, interval and strength sessions in order to gain overall fitness success.

**Spinning™ and Core:** A high intensity 30-45 minute cardiovascular workout followed by a 15 minute hard core ab/low back workout!

**Pax Pump:** Increase your muscular strength with this weight-training workout. Uses weights, bands, bars, and body weight.

**Zumba :** The Zumba ® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program.

**Distance Spinning™:** A full 60 minutes of cycling designed to teach the body to sustain a longer calorie burning workout and reach out of its comfort zone.

All class passes can be purchased in the Fitness & Sports Office located inside the Drill Hall. Call 301-757-3943 or 301-342-5449 for more information.