



Energy Zone Class Schedule

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------|---------------|--------------------|---------------|--------------------|---------------|---------------|
| 5:30am | Body Pump | Body Attack™ | 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 | | |
| | | | | Distance Spinning™ | | |
| 5:30pm | Body Attack™ | 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 Attack™: Is the sports-inspired full-body cardio workout for building speed, fitness, strength and agility.

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.

Energy Zone also offers...

Drop-In Yoga Classes

\$72 for an 8-class drop-in pass

Yoga Stretch & Flex

Mondays 5:45 - 6:45 p.m.

A series of gentle yet active stretches, movements and postures designed to calm the mind and body, increase flexibility, and build strength. Suitable for all levels.

Yoga Flow

Tuesdays 11:45 a.m. - 12:45 p.m.

A dynamic sequence of postures and breathing, suitable for those with experience.

Yoga Levels 1-2

Thursdays 11:45 a.m. - 12:45 p.m.

A detail-oriented class focusing on alignment along with strength and flexibility. Suitable for all levels.

Early Morning Hatha Yoga Gentle Flow

Wednesdays 5:45a.m.-6:45a.m.

This morning flow will jumpstart your day and move you to better health and fitness by combining breath work, a dynamic Yoga flow, and a guided relaxation closing each session. A series of exercises and postures will increase flexibility, build strength, and join body & mind for improved overall health and wellness. Suitable for all levels.

Drop-In Pilates Classes

\$64 for an 8-class drop-in pass

A unique method of body conditioning that involves a series of movements performed on the mat. Pilates exercises targets the deep postural muscles aimed at building muscle strength and rebalancing the body as well as improving posture, flexibility, coordination, concentration and control of the body.

Mondays 11:45 a.m. - 12:45 p.m.

Wednesdays 11:45 a.m. - 12:45 p.m.

Belly Dancing (Tue @ 7:00-8:00pm)

Want to improve your fitness level and have fun at the same time? If so, then Belly Dancing is just what you are looking for. No previous dance experience is required, just the desire to try something new and enjoy the physical benefits this dance can bring. Belly dance is a fun, low impact way to improve muscle tone, flexibility and confidence. All fitness levels welcome.

Ballroom Dancing (Thr @ 6:00-8:00pm)

Join us to learn dances including Foxtrot, Waltz, Swing, Rumba, Cha Cha, Tango, and MORE! This is a great way to get some exercise, get ready for a wedding, or just enjoy an evening out. Recommended Attire: Leather soled shoes. Couples preferred. Interested singles will be placed on a list to be paired up.

Zumba Kids® & Zumba Kids Jr®

The Zumba Kids® program is a dance-fitness party where young Zumba fans can let loose and be themselves! Zumba Kids® is for ages 7-11, and Zumba Kids Jr® is for ages 4-6.

Krav Maga (Tue @ 5:45-6:45pm)

Krav Maga is the official hand-to-hand combat system of the Israeli Defense Forces. It's also the preferred system for U.S. Military and law enforcement personnel. Based on simple principles and instinctive movements, this reality-based system is designed to teach real self-defense in the shortest possible time. Learn to defend against common chokes, grabs, and bear hugs, as well as weapons such as guns, knives, and sticks. Just as important, we teach people to function during the stress and shock of a sudden, violent encounter

All class passes & registrations can be purchased in the Fitness & Sports Office located inside the Drill Hall.

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