



# Group Exercise Schedule

**CPT Jennifer J. Shafer Odom Fitness Center**

1507 Porter Street, Fort Detrick, MD 21702

301.619.2498

| Sun | Monday                                                                                                                                                                         | Tuesday                                                                                                                                                      | Wednesday                                                                                                                                                                                                | Thursday                                                                                                                                                                              | Friday                                                                                                                                                                 | Saturday                    |
|-----|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------|
|     | <p><b>Awesome Abs</b><br/>Theresa<br/>0615</p> <p><b>Abs/Torso</b><br/>Theresa<br/>1130</p> <p><b>Butt &amp; Gut</b><br/>1630</p> <p><b>Yoga Stretch</b><br/>Anne<br/>1730</p> | <p><b>Butt &amp; Gut</b><br/>Theresa<br/>0615</p> <p><b>Zumba</b><br/>Theresa<br/>1130</p> <p><b>Spin</b><br/>1630</p> <p><b>Zumba</b><br/>Anne<br/>1730</p> | <p><b>Kettlebells</b><br/>Theresa<br/>0615</p> <p><b>Butt &amp; Gut</b><br/>Theresa<br/>1130</p> <p><b>BUtt &amp; GUT</b><br/>1630</p> <p><b>Step w/ Weight Training &amp; Abs</b><br/>Anne<br/>1730</p> | <p><b>Torso &amp; Arms</b><br/>Theresa<br/>0615</p> <p><b>Step &amp; Abs</b><br/>Anne<br/>1130</p> <p><b>Spin</b><br/>1630</p> <p><b>Practical Yoga Stretch</b><br/>Anne<br/>1730</p> | <p><b>Kickboxing</b><br/>Theresa<br/>0615</p> <p><b>Total Body Condition/ High Intensity</b><br/>Anne<br/>1130</p> <p><b>Instructor's Choice</b><br/>Anne<br/>1730</p> | <p><b>Spin</b><br/>0930</p> |

**Participations must register for Spinning prior to class time.** Only those present at the beginning of the class will be guaranteed a bike! Schedule is subject to change without notice. **No classes will be held on Federal Holidays.**

*Revised 29 January 2013*

