

## Group Exercise Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
11:30 am - 12:15 pm	Step and Strength	Work It Circuit	Body Shop	Pilates	Body Shop
12:00 pm - 12:45 pm	Cardio Cycle	30-Minute Ride <i>(ends at 12:30pm)</i>	Cardio Cycle	Cycle Plus	Cardio Cycle
12:20 pm - 12:35 pm	CRUNCH		Abs		CRUNCH
12:20 pm - 12:50 pm		Core Blast		Kettlebell Basics	
12:40 pm - 1:25 pm	Body Shop		Kickboxing		Zumba
12:55-1:25 pm		Kettlebell Training		Kettlebell Training	
1:30 pm - 2:30 pm		Yoga		Yoga	
4:30 pm – 5:15 pm	Athletic Conditioning		Functional Flexibility		
5:30 pm - 6:15 pm	Power Yoga <i>(ends at 6:30pm)</i>	Body Shop	Cardio Cycle	Triple Threat	

**Have questions about a class? Ask a staff member, we're here to help!**

### Hours of Operation

Monday – Thursday: 6:00 am – 7:30 pm  
Friday: 6:00 am – 7:00 pm

### Questions?

Call us at 202-512-9890 or  
email at [fitnessc@gao.gov](mailto:fitnessc@gao.gov)

- Schedule is subject to change.
- All class participants must wear proper footwear for their safety.
- Please arrive in time for warm up and stay to cool down in all classes for your safety.

## **Cardio Classes**

**Kickboxing** - This high energy, heart-pumping cardio workout will challenge you with kicks, punches and more.

**Step and Strength** - Alternate between fun step aerobics exercises and weight training intervals to tone your entire body.

**Zumba** - A fusion of Latin, African, Indian and Bollywood rhythms with easy-to-follow moves that create a one of a kind workout!

## **Cycle Classes**

**Cardio Cycle** - This class uses hills, sprints, jump intervals, and flat roads to give you a varied cardio workout.

**Cycle Plus** - A 45-minute class designed to give participants the best of both worlds. Starting with a heart-pumping 30-minute ride and transitioning to 15 minutes of strength training off of the bike to deliver a total body work out.

**30-Minute Ride** - In just 30 minutes, try out your cycle skills to get a heart pumping workout.

## **Strength Classes**

**Body Shop** - Get a total body strength workout with simple equipment and your own body weight. With a variety of exercises, you will feel challenged and your muscles will thank you.

**CRUNCH/Abs** - Take 15 minutes to safely and effectively strengthen and tone your abdominal muscles, while increasing your lower back strength.

**Core Blast** - In just 30 minutes, get a great workout for your abs, back, and glutes. Having a strong core will help improve overall strength and posture. An array of equipment will be used to enhance your workout.

## **Hybrid Classes (Cardio + Strength)**

**Athletic Conditioning** - Enjoy 45 minutes of high intensity cardio intermixed with strength training to simulate the type of activity performed in many sports. This is a high intensity and high impact class, so be ready to work hard, sweat a lot, feel like part of a team, and improve your fitness!

**Kettlebell Basics** - A 30-minute kettlebell class focusing on the basics of kettlebell training. Each class will spend time perfecting the form of the swing, the push press, the clean, Goblet squats, and other basic kettlebell movements.

**Kettlebell Training** - A 30-minute high intensity class designed to get the most out of one of the most versatile pieces of equipment in the fitness center: the kettlebell! Using the kettlebell to increase cardio stamina, push strength limits, and challenge core stability, participants will swing, press, squat, lunge, get-up, and more!

**Triple Threat** - A fun, energetic 45-minute class focusing on total body training. Spend 15 minutes on cardio, 15 minutes on strength and 15 minutes on core.

**Work It Circuit** - Get a total body workout with intervals of strength training, cardio, and core training. This class offers many variations for beginners as well as great challenges for the advanced participants.

## **Mind/Body Classes**

**Functional Flexibility** - Enjoy 45 minutes of total body flexibility focusing on a variety of modalities including foam rolling, contract-relax techniques, and beginner yoga.

**Pilates** - Using your own body you will strengthen, lengthen, and tone your muscles. This class places a strong emphasis on core work.

**Power Yoga** - An all-levels yoga class that uses a flow series that will challenge your endurance and your mind.

**Yoga** - An all-levels yoga class that uses a flow series that will challenge and your mind, increase your flexibility, and strengthen your muscles.