

## GAO Wellness and Fitness Center Group Exercise Schedule August 10–14

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:30 am - 7:15 am		Morning Cycle Elly	Body and Balance Abby	Boot Camp Abby	
11:30 am - 12:15 pm	Step and Strength Abby	Work It Circuit Elly	Body Shop Jina	Pilates David	Step Challenge Abby
12:00 pm - 12:45 pm	Cardio Cycle Howie	30-Minute Ride Abby	Cardio Cycle Howie	Cardio Cycle Abby	Cardio Cycle Elly
12:20 pm - 12:35 pm	Abs Crystal		Abs David		Abs Crystal
12:20 pm - 12:50 pm		Core and More Howie		Express Circuit Crystal	
12:40 pm - 1:25 pm	Body Shop Bill		Kickboxing David		Body Shop Howie
1:30 pm - 2:30 pm		Yoga Todd		Yoga Todd	
5:30 pm - 6:15 pm	Yoga Sonia (Ends at 6:30pm)	Body Shop Howie	Cardio Cycle Elly		

### 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.
  - Highlighting indicates temporary instructor substitutions.