

GAO Wellness and Fitness Center Group Exercise Schedule July 6 – 10

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:30 am - 7:15 am		Morning Cycle Howie	Body and Balance Abby	Boot Camp Abby	
11:30 am - 12:15 pm	Step and Strength Abby	Work It Circuit Blake	Body Shop Blake	Pilates Ruth	Step Challenge Abby
12:00 pm - 12:45 pm	Cardio Cycle Blake	30-Minute Ride Abby	Cardio Cycle Howie	Cardio Cycle Howie	Cardio Cycle Blake
12:20 pm - 12:35 pm	Abs Howie		Abs Abby		Abs Howie
12:20 pm - 12:50 pm		Core and More Howie		Express Circuit Abby	
12:40 pm - 1:25 pm	Body Shop Christine		Kickboxing Serena		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 Ali	Cardio Cycle Blake	Triple Threat! Rickeya	

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

- 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.