

GAO Wellness and Fitness Center Group Exercise Schedule October 12-16

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------|------------------------------|-------------------------|---------------------------|--------------------------|------------------------|
| 6:30 am - 7:15 am | | Morning Cycle Elly | Body and Balance Bryce | Boot Camp Howie | |
| 11:30 am - 12:15 pm | | Work It Circuit Abby | Body Shop Elly | Pilates David | Step Challenge Abby |
| 12:00 pm - 12:45 pm | HAPPY COLUMBUS DAY! | 30-Minute Ride Bryce | Cardio Cycle Howie | Cardio Cycle Elly | Cardio Cycle Howie |
| 12:20 pm - 12:35 pm | | | Abs David | | Abs Elly |
| 12:20 pm - 12:50 pm | FITNESS CENTER CLOSED | Core and More Howie | | Express Circuit Bryce | |
| 12:40 pm - 1:25 pm | | | Kickboxing David | | Body Shop Bryce |
| 1:30 pm - 2:30 pm | | Yoga Todd | | Yoga Todd | |
| 5:30 pm - 6:15 pm | | Body Shop Howie | Cardio Cycle Abby | Triple Threat! Abby | |

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.