Corporate Fitness Works

Didn't grab a spot in the Dri-Tri? Come watch the event on Wednesday 02/10 3:00-3:45pmand see if you want to want to TRI the next one ☺

GAO Wellness and Fitness Center
Group Exercise Schedule
February 8-12

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:30 am - 7:15 am		Morning Cycle Bryce	Body and Balance Bryce	Boot Camp Howie	Group Exercise Studio Closed All Day
11:30 am - 12:15 pm	Step and Strength Abby	Work It Circuit Elly	Body Shop Abby	Pilates David	For Floor Refinishing
12:00 pm - 12:45 pm	Cardio Cycle Howie	30-Minute Ride Howie	Cardio Cycle Bryce	Cardio Cycle Abby	Cardio Cycle Bryce
12:20 pm - 12:35 pm	CRUNCH Elly		Abs David		
12:20 pm - 12:50 pm		Sweetheart Sock Hop! Abby 12:20-1:05pm		Express Circuit Elly	Thank You for Your Cooperation!
12:40 pm - 1:25 pm	Body Shop Bryce		Kickboxing David		On-The-Floor Circuits Elly Meet at front desk
1:30 pm - 2:30 pm		Yoga Christine		Yoga Hillary	
4:30 pm - 5:15 pm			Functional Flexibility Abby		
5:30 pm - 6:15 pm	Power Yoga Sonia (ends at 6:30pm)	Body Shop Howie	Cardio Cycle Elly	Triple Threat Bryce	

Share the Love Open House
February 9 & 10—bring a friend!
Specialty class: Sweetheart Sock Hop Tuesday 2/9 12:20-1:05pm

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.