



GAO Wellness and Fitness Center Group Exercise Schedule February 29-March 4

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:30 am - 7:15 am		Morning Cycle Bryce	Body and Balance Howie	Boot Camp Howie	
11:30 am - 12:15 pm	Step and Strength Abby	Work It Circuit Elly	Body Shop Bryce	Pilates David	Step Challenge Abby
12:00 pm - 12:45 pm	Cardio Cycle Howie	30-Minute Ride Abby	Cardio Cycle Abby	Cycle Plus Howie	Cardio Cycle Elly
12:20 pm - 12:35 pm	CRUNCH Elly		Abs David		CRUNCH Abby
12:20 pm - 12:50 pm		Core Blast Bryce		Kettlebell Basics Capacity = 10 Elly	
12:40 pm - 1:25 pm	Body Shop Elly		Kickboxing David		Body Shop Marlo
12:55 pm - 1:25 pm		Kettlebell Training Capacity = 10 Elly		Kettlebell Training Capacity = 10 Elly	
1:30 pm - 2:30 pm		Yoga Todd		Yoga Todd	
4:30 pm - 5:15 pm	Athletic Conditioning Bryce		Functional Flexibility Abby		
5:30 pm - 6:15 pm	Power Yoga Sonia <i>(ends at 6:30pm)</i>	Body Shop Howie	Cardio Cycle Elly	Triple Threat Bryce	

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.