

## GAO Wellness and Fitness Center

### Group Exercise Schedule

### July 4 - July 8

Time	Monday	Tuesday	Wednesday	Thursday	Friday
11:30 am - 12:15 pm		<b>Work It Circuit</b> Abby	<b>Body Shop</b> Howie	<b>Pilates</b> David	<b>Body Shop</b> Howie
12:00 pm - 12:45 pm		<b>30-Minute Ride</b> Howie	<b>Cardio Cycle</b> Abby	<b>Cycle Plus</b> Bryce	<b>Cardio Cycle</b> Bryce
12:20 pm - 12:35 pm	<p style="text-align: center;"><b>Happy Independence Day!</b></p> 		<b>Abs</b> David		<b>CRUNCH</b> Jo
12:20 pm - 12:50 pm		<b>Core Blast</b> Jo		<b>Kettlebell Basics</b> Capacity= 10 Abby	
12:40 pm - 1:25 pm			<b>Kickboxing</b> David		<b>Zumba</b> Staff
12:55 pm - 1:25 pm		<b>Kettlebell Training</b> Capacity = 10 Howie		<b>Kettlebell Training</b> Capacity= 10 Abby	
1:30 pm - 2:30 pm	<p style="text-align: center;"><b>Fitness Center Closed</b></p>	<b>Yoga</b> Todd		<b>Yoga</b> Todd	
4:30 pm - 5:15 pm			<b>Functional Flexibility</b> Jo		
5:30 pm - 6:15 pm		<b>Body Shop</b> Jo	<b>Cardio Cycle</b> Bryce	<b>Triple Threat</b> Howie	

**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, new classes or class time changes.