



GAO Wellness and Fitness Center

Group Exercise Schedule

July 18-22

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------|--|--|-------------------------------------|--|-----------------------------|
| 11:30 am - 12:15 pm | Step and Strength Abby | Work It Circuit Jo | Body Shop Abby | Pilates David | Body Shop Mike |
| 12:00 pm - 12:45 pm | Cardio Cycle Jo | 30-Minute Ride Abby | Cardio Cycle Bryce | Cycle Plus Howie | Cardio Cycle Abby |
| 12:20 pm - 12:35 pm | CRUNCH Bryce | | Abs David | | CRUNCH Howie |
| 12:20 pm - 12:50 pm | | Core Blast Bryce | | Kettlebell Basics Capacity= 10 Jo | |
| 12:40 pm - 1:25 pm | Body Shop Howie | | Kickboxing David | | Zumba Victorine |
| 12:55 pm - 1:25 pm | | Kettlebell Training Capacity = 10 Bryce | | Kettlebell Training Capacity= 10 Abby | |
| 1:30 pm - 2:30 pm | | Yoga Moriah | | Yoga Hillary | |
| 4:30 pm - 5:15 pm | Athletic Conditioning Bryce | | Functional Flexibility Jo | | |
| 5:30 pm - 6:15 pm | Power Yoga Elisabeth (ends at 6:30pm) | Body Shop Howie | Cardio Cycle Howie | Triple Threat Jo | |

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, new classes or class time changes.