



GAO Wellness and Fitness Center

Group Exercise Schedule

July 25-29

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

- 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.