

GAO Wellness and Fitness Center Group Exercise Schedule March 7-11

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

 This class is currently flagged and attendance is being tracked to determine if it will remain on the Group Exercise Schedule.

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.