

GAO Wellness and Fitness Center Group Exercise Schedule May 30- June 3

Time	Monday	Tuesday	Wednesday	Thursday	Friday
11:30 am - 12:15 pm		Work It Circuit Jo	Body Shop Howie	Pilates David	Body Shop Jo
12:00 pm - 12:45 pm	Fitness Center Closed	30-Minute Ride Bryce	Cardio Cycle Abby	Cycle Plus Jo	Cardio Cycle Abby
12:20 pm - 12:35 pm			Abs David		CRUNCH Bryce
12:20 pm - 12:50 pm	Memorial Day	Core Blast Sherelle		Kettlebell Basics Capacity= 10 Howie	
12:40 pm - 1:25 pm			Kickboxing David		Zumba Jamilah
12:55 pm- 1:25 pm		Kettlebell Training Capacity = 10 Howie		Kettlebell Training Capacity= 10 Bryce	
1:30 pm - 2:30 pm		Yoga Rachel		Yoga Elisabeth	
4:30 pm - 5:15 pm			Functional Flexibility Jo		
5:30 pm - 6:15 pm		Body Shop Howie	Cardio Cycle Bryce	Triple Threat Logan	

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.