

# DAHLGREN FITNESS CENTER

17540 DAHLGREN RD. BLDG. 1610 | 540 653 8580 | OPEN TO ALL WITH BASE ACCESS

## GROUP EXERCISE CLASSES

UPDATED  
26 June 2024

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	0900-1000 NOFFS	0630-0715 Indoor Cycling	0730-0830 Motion Matrix	0700-0745 YOGA	
		0900-1000 SWEAT	0900-0930 HIIT	0900-1000 Cardio/Core	
	1630-1730 CIRCUIT TRAINING		1630-1730 CIRCUIT TRAINING		

## CLASS DESCRIPTIONS

**INDOOR CYCLING:** All levels welcome! Pedal through hill climbs, sprints and drills.

**SWEAT:** Break a sweat with weights, getting your heart rate up & testing muscle endurance.

**HIIT:** Don't have much time? This heart pumping workout is for you!

**CIRCUIT TRAINING:** Build your muscular endurance and cardiovascular fitness.

**NOFFS:** Build strength and functional performance: weights, plyometric, sprinting, agility and flexibility.

**MOTION MATRIX:** This class is geared towards the maintaining functionality of daily living activities.

**YOGA:** All levels class. Great way to start your day with stretching, breath work and flexibility.

**CARDIO/CORE:** Get your heart rate up followed by a great core and stability workout.

**\*ALL LEVELS ARE WELCOME TO ALL CLASSES\***

### COST

Active-duty, Retired Military & Dependents: Free

Single Class: \$4 | 8-class Punch: \$24 | 20-class Punch: \$50 | Monthly Pass: \$15

**PERSONAL TRAINING** (rates are per 1-hour session and include a free consultation)

Active-Duty \$10 | Retired Military & Dependents: \$15 | DoD Civilian & Contractor: \$20



[WWW.NAVYMWRDAHLGREN.COM/FITNESS-SPORTS](http://WWW.NAVYMWRDAHLGREN.COM/FITNESS-SPORTS)