



GX Class Schedule: JULY



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
Class Location Fleet Rec GX Studio Fleet Rec Cycle Studio Purdy GX room Ikego Asuka Tower	\$ = 1 GX Sticker GX Single = \$3 GX 10 Pck = \$25	All GX Classes are FREE for Active Dutv ***MUST SHOW ID***	10:30 Zumba \$ 11:30 Spin 17:30 Vinyasa Flow Yoga	9:00 Zumba \$ 17:00 BodyCombat \$	Federal Holiday: Independence Day All Regularly Scheduled Classes are CANCELLED	8:45 BodyPump \$ 10:00 BodyCombat \$
5	6	7	8	9	10	11
10:00 Bodycombat \$	9:00 Zumba \$ 10:30 Move Your Asana 11:30 Spin 17:30 Sprint \$ 18:00 Core \$	9:00 Zumba \$ 9:00 Zumba 11:30 U-Jam \$ 11:45 Mat Pilates \$ 17:00 BodyPump \$ 17:30 Indoor Cycling \$	10:30 Zumba \$ 11:30 Spin 17:00 BodyPump \$ 17:30 Vinyasa Flow Yoga	9:00 Zumba \$ 17:00 BodyCombat \$ 17:30 Indoor Cycling \$	10:30 Zumba \$ 12:15 Kickboxing Drills \$	8:45 BodyPump \$ 10:00 BodyCombat \$
12	13	14	15	16	17	18
	9:00 Zumba \$ 10:30 Move Your Asana 11:30 Spin 17:30 Sprint \$ 18:00 Core \$	9:00 Zumba \$ 9:00 Zumba 11:30 U-Jam \$ 11:45 Mat Pilates \$ 17:00 BodyPump \$ 17:30 Indoor Cycling \$	10:30 Zumba \$ 11:30 Spin 17:00 BodyPump \$ 17:30 Vinyasa Flow Yoga	9:00 Zumba \$ 17:00 BodyCombat \$ 17:30 Indoor Cycling \$	10:30 Zumba \$ 12:15 Kickboxing Drills \$	8:45 BodyPump \$ 10:00 BodyCombat \$
19	20	21	22	23	24	25
10:00 Bodycombat \$	9:00 Zumba \$ 10:30 Move Your Asana 11:30 Spin 17:30 Sprint \$ 18:00 Core \$	9:00 Zumba \$ 9:00 Zumba 11:30 U-Jam \$ 11:45 Mat Pilates \$ 17:00 BodyPump \$ 17:30 Indoor Cycling \$	10:30 Zumba \$ 11:30 Spin 17:00 BodyPump \$ 17:30 Vinyasa Flow Yoga	9:00 Zumba \$ 17:00 BodyCombat \$ 17:30 Indoor Cycling \$	10:30 Zumba \$ 12:15 Kickboxing Drills \$	8:45 BodyPump \$ 10:00 BodyCombat \$
26	27	28	29	30	31	
	9:00 Zumba \$ 10:30 Move Your Asana 11:30 Spin 17:30 Sprint \$ 18:00 Core \$	9:00 Zumba \$ 9:00 Zumba 11:30 U-Jam \$ 11:45 Mat Pilates \$ 17:00 BodyPump \$ 17:30 Indoor Cycling \$	10:30 Zumba \$ 11:30 Spin 17:00 BodyPump \$ 17:30 Vinyasa Flow Yoga	9:00 Zumba \$ 17:00 BodyCombat \$ 17:30 Indoor Cycling \$	10:30 Zumba \$ 12:15 Kickboxing Drills \$	



GX Class Description



HIIT (High-Intensity Interval Training) a workout method that alternates between short bursts of intense, all-out exercise and brief periods of low-intensity recovery or rest. These workouts can include various activities for burning lots of calories in less time, and improving cardiovascular fitness.

INDOOR CYCLING is a low impact exercise designed to improve your cardiovascular health. Benefits include strength and endurance but will also challenge your core engagement. With emphasis on high-intensity training, indoor cycling will assist in burning the most calories in a short period of time and intended for all levels.

LES MILLS BODYCOMBAT ® A no-contact, high energy martial arts inspired workout where you punch and kick your way to fitness! No experience needed. Release stress, have a blast and feel like a champ!

LES MILLS BODYPUMP ® A total body workout using light to moderate weights with many repetitions. Instructors will coach you through the moves & techniques while encouraging and motivating you to achieve a stronger, healthier body.

LES MILLS SPRINT ® A 30-minute High-Intensity Interval Training (HIIT) workout on an indoor bike, designed to deliver fast fitness results through, intense, low-impact, and short-duration, high-energy sessions.

Mat Pilates Focuses on joint health and deep stabilizing muscles to build a strong, balanced, and resilient body. By engaging the core and inner muscles, the class improves posture, flexibility, and overall body control.

SPIN Rev up your fitness in our high-energy Spin Class! Burn calories, boost endurance, and tone muscles in this fun, fast-paced workout. Whether you're a beginner or pro, the instructor will guide you through challenging intervals and energizing tunes.

VINYASA YOGA A flowing, breath-synchronized style of yoga that builds strength, flexibility, and balance. Great for all levels looking to energize the body and calm the mind.

ZUMBA ® A total workout, combining all elements of fitness— cardio, muscle conditioning, balance, flexibility, to boost your energy. The mix of low and high-intensity moves provides for an interval-style, calorie-burning dance fitness party.

CORE Focused workout designed to strengthen all major core muscle groups, including abs, obliques, lower back, and stabilizing muscles. This class uses a variety of exercises with options for all fitness levels.

Kickboxing Drills A high-energy kickboxing workout combining basic punches, kicks, and cardio drills. Improve coordination, build strength, burn calories, and relieve stress in a fun and supportive environment. No experience or equipment required.