



FITNESS & REC CLUB

Classes are Subject to be Cancelled
Please Call 540.289.4987 to Check Availability

All Classes Require Prior Registration

FITNESS STUDIO SCHEDULE

MONDAY

9:00 AM
Strength Aerobics

10:00 AM
Resort Yoga

10:15 AM
Aqua ZUMBA®
**At Woodstone
Rec Pool*

TUESDAY

9:00 AM
Strength Aerobics

10:00 AM
Resort Yoga

WEDNESDAY

9:00 AM
Strength Aerobics

10:00 AM
Resort Yoga

2:00 PM
Intro to Meditation

3:30 PM
Sound Bath
Meditation

6:30 PM
Zumba®

THURSDAY

9:00 AM
Strength Aerobics

10:00 AM
Resort Yoga

10:15 AM
Aqua ZUMBA®
**at MFRC Pool*

6:00 PM
Kettlebell

SATURDAY

9:15 AM
Power Pump®