



BUILD



BURN



RECOVER

# GROUP FITNESS SCHEDULE

RESTON | OCTOBER

| MONDAY   | TUESDAY                                      | WEDNESDAY                                       | THURSDAY                                     | FRIDAY   | SATURDAY  | SUNDAY   |
|--|--|---|--|--|---|--|
| 6:00–6:45 AM                                     | 6:00–6:45 AM                                 | 6:00–6:45 AM                                    | 6:00–6:45 AM                                 | 6:00–6:45 AM                                     | 8:30–915 AM                                     | 8:30–915 AM  |
| INFANTRY CAMP<br>ATHLETIC TURF<br>JAKOB S        | TABATA+<br>MAIN STUDIO<br>JEN A              | PERFORMANCE CYCLE<br>CYCLE STUDIO<br>SARAH J    | SCULPTED<br>MAIN STUDIO<br>JEN A             | INFANTRY CAMP<br>ATHLETIC TURF<br>JAKOB S        | SCULPTED<br>MAIN STUDIO<br>DAVID T              | TABATA+<br>MAIN STUDIO<br>JEN A                              |
| 6:00-6:45 AM                                     | 7:00–7:45 AM                                 | 7:00–7:45 AM                                    | 7:00–7:45 AM                                 | 7:00–7:45 AM                                     | 9:15–10:00 AM                                   | 9:00–10:00 AM  |
| PERFORMANCE CYCLE<br>CYCLE STUDIO<br>MARIA N     | INFANTRY CAMP<br>ATHLETIC TURF<br>JEN A      | ATHLETIC GRIT<br>ATHLETIC TURF<br>DAVID T       | INFANTRY CAMP<br>ATHLETIC TURF<br>JEN A      | HIIT THE TRACK<br>TREADMILL<br>STUDIO<br>JAKOB S | ATHLETIC GRIT<br>ATHLETIC TURF<br>MARC D        | GROUP RUN<br>TREADMILL<br>STUDIO<br>KYLE B                   |
| 7:00–7:45 AM                                     | 7:30–8:30 AM                                 | 8:00–8:45 AM                                    | 7:30–8:30 AM                                 | 7:45–8:30 AM                                     | 9:30–10:15 AM                                   | 9:30–10:30 AM  |
| ATHLETIC GRIT<br>ATHLETIC TURF<br>JEN A          | ASHTANGA YOGA<br>MAIN STUDIO<br>SARAH B      | INFANTRY CAMP<br>ATHLETIC TURF<br>DAVID T       | ASHTANGA YOGA<br>MAIN STUDIO<br>SARAH B      | TABATA+<br>MAIN STUDIO<br>JEN A                  | RHAPSODY<br>CYCLE STUDIO<br>JAKOB S             | ZUMBA<br>MAIN STUDIO<br>LIEN N                               |
| 7:00–7:45 AM                                     | 9:30–10:15 AM                                | 9:00–9:45 AM                                    | 9:00–9:30 AM                                 | 9:00–10:00 AM                                    | 9:30–10:30 AM                                   | 9:30–10:15 AM  |
| HIIT THE TRACK<br>TREADMILL<br>STUDIO<br>JAKOB S | RHAPSODY<br>CYCLE STUDIO<br>SARAH B          | YOGA SCULPT<br>MAIN STUDIO<br>JORDAN K          | HARD CORE<br>MAIN STUDIO<br>SARAH B          | VINYASA YOGA<br>MAIN STUDIO<br>EMILY D           | MIXXEDFIT DANCE<br>MAIN STUDIO<br>PAULA B       | INFANTRY CAMP<br>ATHLETIC TURF<br>JEN A                      |
| 8:00–8:45 AM                                     | 9:30–10:15 AM                                | 10:00–10:45 AM                                  | 9:30–10:15 AM                                | 10:30–11:15 AM                                   | 10:15–11:00 AM                                  | 9:45–10:30 AM  |
| TABATA+<br>MAIN STUDIO<br>DAVID T                | SCULPTED<br>MAIN STUDIO<br>MANAL M           | TABATA+<br>MAIN STUDIO<br>MANAL M               | PERFORMANCE CYCLE<br>CYCLE STUDIO<br>TAMMY C | ATHLETIC GRIT<br>ATHLETIC TURF<br>EMILY D        | INFANTRY CAMP<br>ATHLETIC TURF<br>DAVID T       | PERFORMANCE CYCLE<br>CYCLE STUDIO<br>TAMMY C                 |
| 9:00–9:45 AM                                     | 10:30–11:00 AM                               | 12:00–12:45 PM                                  | 9:45–10:30 AM                                | 12:00–12:45 PM                                   | 10:30–11:15 AM                                  | 10:30–11:00 AM   |
| BEYOND STRENGTH<br>MAIN STUDIO<br>MANAL M        | HARD CORE<br>MAIN STUDIO<br>MANAL M          | PERFORMANCE CYCLE<br>CYCLE STUDIO<br>MARIA N    | CARDIO BOXING<br>MAIN STUDIO<br>MARC D       | BARRE<br>MAIN STUDIO<br>CORINNE S                | HIIT THE TRACK<br>TREADMILL<br>STUDIO<br>MARC D | ROLL & RECOVER,<br>UPSTAIRS TURF<br>JEWELS P<br>BEGINS 10/23 |
| 10:00–10:45 AM                                   | 12:00–1:00 PM                                | 5:15–6:00 PM                                    | 12:00–12:45PM                                | 5:15–6:00 PM                                     | 10:45–11:45 AM                                  | 10:45–11:45 AM   |
| MAT PILATES<br>MAIN STUDIO<br>CORRINE S          | VINYASA YOGA<br>MAIN STUDIO<br>SARAH B       | CARDIO BOXING<br>MAIN STUDIO<br>MARC D          | MAT PILATES<br>MAIN STUDIO<br>SARAH B        | PERFORMANCE CYCLE<br>CYCLE STUDIO<br>CINDY F     | VINYASA YOGA<br>MAIN STUDIO<br>EMILY D          | VINYASA YOGA<br>MAIN STUDIO<br>MAHRUKH A                     |
| 12:00–12:45 PM                                   | 5:15–6:15 PM                                 | 5:30–6:15 PM                                    | 5:15–6:00 PM                                 | 5:15–6:00 PM                                     | 12:00–12:45 PM                                  | 3:30–4:30 PM   |
| SCULPTED<br>MAIN STUDIO<br>SARAH B               | VINYASA YOGA<br>MAIN STUDIO<br>EMILY D       | RHAPSODY<br>CYCLE STUDIO<br>TAMMIE S            | BARRE<br>MAIN STUDIO<br>TAMARA J             | ATHLETIC YOGA<br>MAIN STUDIO<br>DANIEL H         | BARRE<br>MAIN STUDIO<br>ZAKIYA J                | RESTORATIVE YOGA<br>MAIN STUDIO<br>SARAH B                   |
| 5:15–6:00 PM                                     | 5:45–6:30 PM                                 | 6:15–7:00 PM                                    | 5:45–6:30 PM                                 | 6:15–7:00 PM                                     |   |  |
| BEYOND STRENGTH<br>MAIN STUDIO<br>MARC D         | PERFORMANCE CYCLE<br>CYCLE STUDIO<br>TAMMY C | HIIT THE TRACK<br>TREADMILL<br>STUDIO<br>MARC D | ATHLETIC GRIT<br>ATHLETIC TURF<br>EMILY D    | RESTORATIVE YOGA<br>MAIN STUDIO<br>DANIEL H      |   |  |
| 5:15–6:00 PM                                     | 6:00–7:00 PM                                 | 6:15–7:15 PM                                    | 6:15–7:00 PM                                 |  |   |  |
| PERFORMANCE CYCLE<br>CYCLE STUDIO<br>SARAH B     | GROUP RUN<br>OUTDOOR<br>STUDIO<br>KYLE B     | VINYASA YOGA<br>MAIN STUDIO<br>MAGGIE N         | RHAPSODY<br>CYCLE STUDIO<br>TAMARA J         |  |   |  |
| 6:15–7:15 PM                                     | 6:30–7:15 PM                                 | 6:30–7:15 PM                                    | 6:45–7:45 PM                                 |  |   |  |
| VINYASA YOGA<br>MAIN STUDIO<br>MAGGIE N          | INFANTRY CAMP<br>ATHLETIC TURF<br>EMILY D    | ATHLETIC GRIT<br>ATHLETIC TURF<br>TAMMIE S      | RESTORATIVE YOGA<br>MAIN STUDIO<br>EMILY D   |  |   |  |
| 6:30–7:15 PM                                     | 6:30–7:30 PM                                 |   |  |  |   |  |
| INFANTRY CAMP<br>ATHLETIC TURF<br>MARC D         | MIXXEDFIT DANCE<br>MAIN STUDIO<br>PAULA B    |   |  |  |   |  |
|  | 7:15–7:45 PM                                 |   |  |  |   |  |
|  | ROLL & RECOVER<br>UPSTAIRS TURF<br>DANIEL H  |   |  |  |   |  |

## GROUP FITNESS POLICIES

Please arrive on time and stay until the cooldown is completed at the end of class.

Dress appropriately in workout clothes and wear closed-toe athletic shoes.