

Group Exercise Schedule

CPT Jennifer J. Shafer
Odom Fitness Center

1507 Porter Street, Fort Detrick, MD 21702
301.619.2498



Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<i>Aqua Aerobic</i> 1400	Steppin Up 0615 Body Thrive 1130 Yoga 1630	Butt/Gut 0615 <i>Aqua Aerobic</i> 0900 Cardio Jam 1130 Circuit Training 1630	Circuit Training 0615 Butt/Gut 1130 Step 1630	Torso/Abs 0615 Total-Body Conditioning 1130 Yoga 1630 <i>Aqua Aerobic</i> 1715	Body Thrive 0615 Peoples Choice 1130 Cardio with a Twist 1630	Spin 0830

\$3.00 per class for Group Aerobics Class or a 10 class Punch card is available for purchase for Group Aerobics Classes: \$25.00. *\$5.00 per class for the Aqua Aerobics or a 10 class Punch card is available for purchase for Aqua Aerobics Classes: \$45.00.* Punch Cards are available for purchase at the Odom Fitness Center Front Desk. 3 participants required to conduct any Aerobics or Aqua Aerobics class.

Revised 12 January 2018

