

Group Exercise Schedule

CPT Jennifer J. Shafer
Odom Fitness Center

1507 Porter Street, Fort Detrick, MD 21702
301.619.2498

Schedule effective 6 October 2016.

| Sun | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----|------------------------|-----------------------------|-----------------------------|------------------------------------|-----------------------------|--------------|
| | Steppin Up 0615 | Butt/Gut 0615 | Circuit Training 0615 | Torso/Abs 0615 | Circuit Training 0615 | Spin 0830 |
| | Awesome Abs 1130 | Aqua Aerobic 0900 | Butt/Gut 1130 | Total-Body Conditioning 1130 | Peoples Choice 1130 | |
| | Yoga 1630 | Cardio Jam 1130 | Step 1630 | Yoga 1630 | AM RAP 1630 | |
| | | Circuit Training 1630 | | Aqua Aerobic 1715 | | |

\$3.00 per class with the exception of Aqua Aerobics. Aqua Aerobics is \$5.00 per class. Punch cards now available for purchase for \$25.00 please see the front desk. Schedule is subject to change without notice.
No classes will be held on Federal Holidays.

Revised 6 October 2016

