

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
Aqua Aerobic 1400	Steppin Up 0615 Kickboxing 1130 Yoga 1630	Butt/Gut 0615 Aqua Aerobic 0900 Cardio Jam 1130 Circuit Training 1630	Circuit Training 0615 Butt/Gut 1130 Step 1630	Torso/Abs 0615 Total-Body Conditioning 1130 Yoga 1630 Aqua Aerobic 1715	Body Thrive 0615 Full Body Stretch 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 5 September 2019

