

## FedStrive Fitness Center Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:30 am	<b>New Class</b> Core Fusion (30 min)	<b>New Class</b> INSANITY® (30 min)	<b>New Time</b> Ab Attack (30 min)	<b>New Time</b> Total Body (30 min)	Stretch, Relax, Recovery (30 min)
11:00 am		<b>New Class</b> Core Flow Yoga (45 min)	Stretch, Relax, Recovery (30 min)	<b>New Class</b> Turbo Kick® (45 min)	Stretch, Relax, Recovery (30 min)
11:50 am	<b>New Class</b> RIPPED® (45 min)	Functional Fitness (45 min)	<b>New Class</b> Body Bar (45 min)	Zumba (45 min)	<b>New Time</b> I Lift (45 min)
12:40 pm	Basic Yoga (60 Min)	Zumba (45 min)		Power Yoga (60 min)	Basketball Open Gym (60 min)
1:50 pm	Basketball Open Gym 1:45-2:45pm (60 min)	Volleyball Open Gym (60 min)	Volleyball Open Gym (60 min)	<b>New Time</b> Cardio Craze (45 min)	
4:30 pm	Kickboxing (45 min)	Metabolic Conditioning (45 min)	Power Sculpt (45 min)		
5:35 pm	Zumba (45 min)	*Jazzercise (60 min)	*Jazzercise (60 min)	*Jazzercise (60 min)	

NOTES: (\*) Indicates additional fee required.

Please arrive 5 minutes before class begins for equipment set up.

### INFORMATION & CLASS DESCRIPTIONS:

<http://foh.hhs.gov/fohservices/whps/fitnesscenter/HHH>

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