

Ronald Reagan Fitness Center 2016 Class Schedule

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|------------|---|---------------------------------------|--|--|---|
| 7:00 a.m. | | Ab Blast (15 min) | | Ab Blast (15 min) **Indoor Cycling** (60 min) | |
| 7:15 a.m. | | **Indoor Cycling** (45 min) | | | |
| 11:30 a.m. | Bosu Ball Fitness (45 min) **Indoor Cycling** (45 min) | **Indoor Cycling** (45 min) | Sports Conditioning (45 min) | Strength-N-Motion (45 min) | ** Indoor Cycling ** (45 min) |
| 11:45 a.m. | | Zumba (45 min) | | | |
| 12:15 p.m. | Ab Blast (15 min) | | Ab Blast (15 min) | | |
| 12:30 p.m. | Sports Conditioning (45 min) | Strength-N-Motion (45 min) | Kickboxing (45 min) **Indoor Cycling** (45 min) | **Indoor Cycling** (45 min) Zumba (45 min) | Body Blast (45 min.) |
| 1:15 p.m. | Ab Blast (15 min) | | Ab Blast (15 min) | | Ab Blast (15 min) |
| 1:30 p.m. | | | | 1:30-3:30 Group Ex Room Closed | |
| 1:45 p.m. | | Yoga (60 min) | | | |
| 5:30 p.m. | **Indoor Cycling** (45 min) Yoga (60 min) | Strength-N-Motion (45 min) | **Indoor Cycling** (45 min) | Boot Camp (45 min) | |
| 6:00 p.m. | | | Power Yoga (60 min) | | |

NOTES: **Requires sign up 15 minutes before the class begins.**

Please arrive to class on time. No one will be admitted 10 minutes after class has started.

The Fitness Center will closed on federal holidays; all fitness classes are canceled.

INFORMATION:

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

202.565.1930