Wellness-Fitness
FEDERAL OCCUPATIONAL HEALTH

# FedStrive Fitness Center

## October 2015 — Class Schedule

| Time | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|---|
| **6:30 am** | Total Body (30 min) | Core Balance Reactive (30 min) | Strength & Stability (30 min) | Ab Attack (30 min) | Stretch, Relax, Recovery (30 min) |
| **9:30 am** | Open Equipment Orientation (30 min) | Open Equipment Orientation (30 min) | Open Equipment Orientation (30 min) | Open Equipment Orientation (30 min) | Open Equipment Orientation (30 min) |
| **11:00 am** | H.I.I.T 11:10-11:40 | Mat Pilates (45 min) | Stretch, Relax, Recovery (30 min) | Cardio H.I.I.T 11:10-11:40 | Stretch, Relax, Recovery (30 min) |
| **11:50 am** | Bootcamp (45 min) | Functional Fitness (45 min) | Sculpt (45 min) | Zumba (45 min) | Abs Glutes and Thighs (45 min) |
| **12:40 pm** | Basic Yoga (60 Min) | Zumba (45 min) | Cardio Craze (45 min) | Power Yoga (60 min) | Basketball Open Gym (60 min) |
| **1:50 pm** | Basketball Open Gym (1:45 – 2:45) | Volleyball Open Gym (60 Min) | Volleyball Open Gym (60 Min) | **New Class Foam Rolling (45 min)** | |
| **4:00 pm** | EasyFIT Abs (15 min) | EasyFIT Strength (15 min) | EasyFIT Cardio (15 min) | EasyFIT Stability (15 min) | |
| **4:30 pm** | Kickboxing (45 min) | Core Express (15 min) | Power Sculpt (45 min) | Core Express (15 min) | |
| **5:35 pm** | Zumba (45 min) | *Jazzercise (60 min) | *Jazzercise (60 min) | *Jazzercise (60 min) | |

NOTES: (*) Indicates additional fee required.

INFORMATION:
http://www.foh.hhs.gov/public/wfsites/HHH_DC.html
202.690.8029

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