

## L Street Fitness Center

### 2013 Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7:00 a.m.		Step (45 min)		Tight-N-Tone (45 min)	
12:00 p.m.	Cycle (45 min)	Tight-N-Tone (45 min)	Yoga (60 min)	Tight-N-Tone (45 min)	Power Pump (60 min)
12:45 p.m.	Awesome Abs (15 min)	Awesome Abs (15 min)		Awesome Abs (15 min)	
1:45 p.m.				Zumba (45 min)	
5:00 p.m.	Cycle (45 min)		Power Pump (60 min)		

**NOTES:**

All classes are subject to change without notice.

**INFORMATION:**

<http://foh.hhs.gov/public/epafacilities/Lst.html>

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