Wellness-Fitness
FEDERAL OCCUPATIONAL HEALTH

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.	Boot Camp/ Cycle (45 min)	Tight-N-Tone (45 min)	Yoga (60 min)	Tight-N-Tone (45 min)	Core Conditioning (45 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.	Boot Camp (45 min)		Boot Camp (45 min)	Cardio Boot Camp (45 min)	

NOTES:
All classes are subject to change without notice.

INFORMATION:
http://foh.hhs.gov/public/epafacilities/Lst.html

202.343.9582