

Potomac Yard Fitness Center July Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:45 a.m.			Yoga (60 min)		
7:00 a.m.		Body Sculpt+ Abs (45 min)		Body Sculpt+ Abs (45 min)	
11:45 a.m.	Abs (15 min)		Abs (15 min)		Abs (15 min)
Noon	Body Sculpt (45 min)	*Boot Camp/ *Indoor Cycling (45 min)	Body Sculpt (45 min)	Cardio Kickboxing (45 min)	Body Sculpt (45 min)
1:00 p.m.	Yoga (60 min)				
2:30 p.m.	Tai Chi (60 min)				
3:00 p.m.				Tai Chi (15 min)	
5:00 pm			Power Pump (60 min)		
5:30 p.m.	Indoor Cycling (45 min)	Abs (30 min)		Yoga (60 min)	
6:00 p.m.		Body Sculpt (30 min)			

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

Office: 703-308-8921

All classes are subject to change without notice!

**** Class will alternate every other week.***

