

Free

Winter Aerobathon

2019

WEDNESDAY Jan. 16

11:00 a.m.- 1:15 p.m. ♦ Navy Yard Fitness Center Group Exercise Room

*Love a good workout
or just need something to do?
Test your endurance at the
Winter Aerobathon!*

Qualified instructors will take you through a great workout that can really make a difference to your health.

**Complimentary water and fruit
for all participants**

Giveaways

Register at the Navy Yard Fitness Center,
Bldg 22, Front Desk.

Eligible patrons: All with base-access

Patrons may participate in these group exercise classes for two hours of fun:

Spin-Sanity with Kenya 11:00-11:30 a.m.

This class offers an intense stationary bike workout that simulates an outdoor bike ride. Through tension adjustments and pedaling techniques, you will encounter straight-a-ways, steep hills and rolling terrains that correspond to the difficulty of an outdoor ride. This class makes you sweat!

Ab Sanity with Kevin 11:35 a.m.-12:05 p.m.

High intensity abdominal focused training.

Zumba with Philliana 12:10-12:40 p.m.

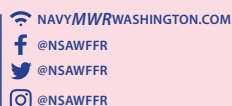
This class is a fusion of body sculpting movements and easy-to-follow dance steps to the tune of Latin and international music. The routine features aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt your body. A segment of this class will feature an abdominal workout designed to challenge your core muscles.

Yoga with Desiree 12:45-1:15 p.m.

Develop strength, muscle tone and flexibility with the union occurring between mind, body and spirit. De-stress your day!



STAY
CONNECTED



For more information, call the Navy Yard Fitness Center. 202-433-2282