

CARDEROCK

GROUP EXERCISE CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
YOGA 12PM	BOOT CAMP 11AM NO CLASS JAN 26	POWER YOGA 12PM	TONE & CORE 12PM	ZUMBA 11AM

CLASSES WILL BE HELD IN THE GROUP EXERCISE ROOM

ACTIVE DUTY MILITARY PERSONNEL - FREE
DOD CIVILIANS & CONTRACTORS
\$24/8 CLASSES | \$50/20 CLASSES

CLASSES ARE FREE FOR ALL IN JANUARY!



NAVAL SUPPORT ACTIVITY WASHINGTON
CARDEROCK FITNESS PROGRAMS
202-433-2282

Class Descriptions

Yoga

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

Power Yoga

A vinyasa flow class that begins with a warm-up of all major muscles and joints, followed by a rigorous flow of sun salutations and intermediate poses. Core strength work will be included along with an assisted yoga stretch before savasana.

Boot Camp

You can command Power, Strength, and Agility with this military inspired circuit workout that will push the body to the limits. As participants maneuver their way through each workout station, they will lunge, crunch, and more for a full body workout.

Tone & Core

This workout using body weight movement, dumbbell and resistance ball equipment to tone the major muscle groups of the body. There is also a focus on targeting the muscles directly involved in strengthening the core for better posture and movement.

Zumba

Come and get your blood pumping by combining Latin dance moves and upbeat music. The exercises include both fast dance moves and slow rhythms that give you a total body workout. Come burn calories and have fun at the same time!