



Family and MWR



Total Body Workout



FREE CLASSES

July 13

4:30 - 5:15 pm Cardio Core
5:30 - 6:15 pm Aerobics
6:30 - 7:15 pm Zumba

July 14

4:30 - 5:15 pm Body Sculpting
5:30 - 6:15 pm Boot Camp
6:30 - 7:15 pm Iyengar Yoga

JOIN
our new Fitness
program
Winner For Life
now!

SPECIAL NOTE: Normal fitness class schedule includes:
Aerobics, INSANITY, Iyengar Yoga, Pilates, Yoga, Restorative Yoga, Spinning
Spinning/High Intensity, WWW in the House of Pain, Zumba & Zumba Toning
Fitness Classes generally cost \$4 per class unless otherwise noted.

NEXT SESSION:
October 5 & 6
Stay tuned for
more details.

MacLaughlin Fitness Center

DETAILS: (804) 734-6198



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FORT LEE FMWR