Family and MWR

Total Body Workout

FREE CLASSES

October 19

4:30 - 5:15 pm Cardio Core
5:30 - 6:15 pm Aerobics
4:30 - 6:30 pm CrossFit*

October 20

4:30 - 5:15 pm Spinning
5:30 - 6:15 pm Boot Camp
6:30 - 7:15 pm Iyengar Yoga
4:30 - 6:30 pm CrossFit*

***CrossFit classes located in the Post Field House, Bldg. 6008**

JOIN our Fitness program **Winner For Life** now!

SPECIAL NOTE: Normal fitness class schedule includes;
Aerobics, Bootcamp, Cardio Abs, CrossFit, Gentle Iyengar Yoga
Iyengar Yoga, Piloxing Knockout, Spinning, Spinning/High Intensity & Zumba
Fitness Classes generally cost $4 per class unless otherwise noted.

MacLaughlin Fitness Center

DETAILS: (804) 734-6198 **LEEMWR.COM** **FORT LEE FMWR**