

**STAY IN THE LOOP ON FITNESS CLASSES**

LINK TO JOIN

[https://groupme.com/join\\_group/46855545/TqKHTL](https://groupme.com/join_group/46855545/TqKHTL)

Questions or concerns please contact Lyndsey Moore

443-910-6259 (text/call)

**FITNESS CLASS FEES (Effective October 1, 2019)**

\$5 drop in class

\$30, 8 class punch pass, expires in 6 months

\$40 monthly unlimited pass

\$450 annual pass

# **ABERDEEN PROVING GROUND FITNESS CLASS SCHEDULE**

## **Aberdeen Schedule**

For More Information: 410-278-7933 / 7934

Monday:	6:00 – 7:00 a.m.	Boot Camp	Aberdeen Athletic Center
	11:30 am – 12:30 pm	Boot Camp	Aberdeen Recreation Center, Ballroom
	11:30 am – 12:30 pm	Zumba	Aberdeen Athletic Center
	4:45 – 5:45 pm	Zumba	Aberdeen Athletic Center
Tuesday:	6:00 – 7:00 am	Spinning	Aberdeen Fitness Center B320
	11:30 am – 12:30 pm	Cardio/Core Fusion	Aberdeen Athletic Center
	11:30 am – 12:30 pm	Spinning	Aberdeen Fitness Center B320
	4:45 am- 5:45 pm	Boot Camp	Aberdeen Athletic Center
	4:45 – 5:45 pm	Yoga	Aberdeen Recreation Center, Ballroom
Wednesday:	6:00 – 7:00 am	Boot Camp	Aberdeen Athletic Center
	11:30 am – 12:30 pm	Yoga	Aberdeen Recreation Center, Ballroom
	4:45 – 5:45 pm	Zumba	Aberdeen Athletic Center
	4:45 – 5:45 pm	Spinning	Aberdeen Fitness Center B320
Thursday:	6:00 – 7:00 am	Spinning	Aberdeen Fitness Center B320
	11:30 am – 12:30 pm	Body Blast	Aberdeen Athletic Center
	11:30 am – 12:30 pm	Spinning	Aberdeen Fitness Center B320
	4:45 – 5:45 pm	Insanity	Aberdeen Athletic Center
	4:45 – 5:45	Yoga	Aberdeen Recreation Center, Ballroom

## **Edgewood Schedule**

For More Information Please Call, 410-436-3375 / 7134

Monday:	11:30 am – 12:30 pm	Interval Training 101	Hoyle Gym, ½ gym
	4:45 – 5:45 pm	<b>Spinning</b>	Hoyle Gym
Tuesday:	11:30 am – 12:30pm	Yoga	EA Rec Center
	4:45 – 5:45 pm	Boot Camp	Hoyle Gym, ½ gym
Wednesday:	11:30 am – 12:30 pm	Body Blast	Hoyle Gym,
	4:45 – 5:45 pm	Zumba	EA Recreation Center
Thursday:	11:30 am – 12:30 pm	Spinning	Hoyle Gym, Spin room
	11:30 am – 12:30 pm	Yoga	EA Rec Center
	4:45 – 5:45 pm	Boot Camp	Hoyle Gym, ½ gym



Aberdeen Athletic Center, Bldg 3300, 410-278-7933 / 7934

Aberdeen Fitness Center, Bldg 320, 410-278-9725

Aberdeen Recreation Center, Bldg 3326, 410-278-2621 / 3404

Edgewood Hoyle Gym, Bldg E4210, 410-436-3375

Edgewood Recreation Center, Bldg. E4140, 410-436-2713

***aberdeen.armymwr.com***



# - CLASS DESCRIPTIONS -

**BOOT CAMP** (Co-ed) Challenge yourself with this fast-paced, calorie-blasting workout, using the traditional Boot Camp style approach. Boot Camp is geared toward all fitness levels. Modifications are always offered for the beginner to the advanced. A **fitness boot camp** is type of group exercise **class** that mixes traditional callisthenic and body weight exercises with interval training and strength training. While there are a variety of styles of **fitness boot camps**, most are designed in a way that pushes the participants harder than they'd push themselves and, in that way, resemble a military **boot camp**

## **CARDIO –**

This cardio-strength combination class alternates strength exercises to sculpt every major muscle group, including your core, with easy-to-follow step moves designed to maximize caloric expenditure. Hand weights and barbells may be incorporated into this workout.

## **ZUMBA –**

Take the “work” out of your workout as you let the Latin and world rhythms take over. Zumba mixes low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party, for everybody and every body. Want to burn calories and have fun? Then Zumba is for you.

## **SPIN -**

The ultimate fitness results. Rides are set to a motivational soundtrack and may vary and blend technique, intervals, resistance rides, climbs and sprints for a fun, challenging and rewarding cardio experience.

## **BODY BLAST –**

A high-energy fitness class that caters to everyone. It combines athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. Help improve your overall fitness, tone your body, and improve coordination, strength, agility and endurance.

## **INTERVAL TRAINING – 101**

can be useful for sprinters, middle-distance and long-distance runners; it is one of the most effective ways to increase running speed. Remember, if you are thinking about improving your speed it is important that you first establish a good running base. Intervals generally start out with short all-out efforts, followed by periods of recovery. The idea is to increase these all-out-effort periods slowly over time according to your running goals.

## **INSANITY -**

Insanity classes target the entire body, beginning with an accelerated warmup and moving into three intense blocks of work, each one targeting a different element of fitness.

Cardio-based, total-body conditioning program a faster way of burning calories. Can burn up to 750 calories in 45 minutes concentrating on short bursts of maximum intensity with longer periods of rest. Insanity combines lengthier periods of high intensity exercise with shorter cool downs.

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