

Group Exercise Schedule

Wellness-Fitness

SPRING 2024



NASA-GSFC Fitness Center

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING CLASSES 7:30A-8:00A	Core & Stretching (Donna) 7:30a-8:00a	Lower Body Burn (Tarha) 7:30a-8:00a	Core & Stretching (Donna) 7:30a-8:00a	Upper Body Burn (Tarha) 7:30a-8:00a	Core & Stretching (Donna) 7:30a-8:00a
NO CLASSES 9:00A-11:00A	Group Fitness Floor Open	Group Fitness Floor Open	Group Fitness Floor Open	Group Fitness Floor Open	Group Fitness Floor Open
LUNCHTIME CLASSES 11:30A-12:30P	Total Body Strength (Tarha) 12:00p-12:30p	Coin Flip Fitness (Donna) 12:00p-12:30p	Buns (glutes), Guns(arms) and Abs(core) (Tarha) 12:00p-12:30p	Abs & Glutes (Donna) 12:00p-12:30p	Full-Body Burnout (Tarha) 12:00-p12:30p
NO CLASSES 1:30P-3:30P	Group Fitness Floor Open	Group Fitness Floor Open	Group Fitness Floor Open	Group Fitness Floor Open	Group Fitness Floor Open
EVENING CLASSES 4:00P-5:30P		Full Body Free Weights (Donna) 4:30pm-5:00pm	Down to the Core (Tarha) 5:00 – 5:30pm		

ATTENTION CLASS PARTICIPANTS:

Additional Notes: Please sign up for class via Mindbody so the instructors will know you are attending class.

1. Please arrive promptly for class
2. Please sign up for all classes.
3. Members are reminded to wear non-marking soled shoes or exercise shoes on the group ex. floor.