



FORT LEE FAMILY AND MWR FITNESS CLASSES JANUARY

A Schedule For New Year's Resolutions 2022

AT THE MacLAUGHLIN FITNESS CENTER

Classes are **FREE** this month!

TUESDAY	WEDNESDAY	THURSDAY	
11 Spin Class 5:30 - 6:30 p.m. (Shauna) HIIT 5:30 - 6:30 p.m. (Natasha)	12 Zumba 6:00 - 7:00 p.m. (Nikisha)	13 Spin Class 5:30 - 6:30 p.m. (Shauna) HIIT 5:30 - 6:30 p.m. (Natasha)	Zumba Fusing Latin rhythms with dance and aerobics. Interval training with resistance training improves cardiovascular fitness while burning fat. Open to all fitness levels. HIIT High Intensity Interval Training A challenging workout with equipment and bodyweight that alternates between quick intensity & slow recovery while burning maximum calories. Open to all fitness levels. Spin Driving beats will inspire you to pedal up hills in a high-intensity, low-impact, endurance class. Helps improve cardiorespiratory, muscular endurance and strength. Open to all fitness levels.
18 Spin Class 5:30 - 6:30 p.m. (Shauna) HIIT 5:30 - 6:30 p.m. (Natasha)	19 Zumba 6:00 - 7:00 p.m. (Nikisha)	20 Spin Class 5:30 - 6:30 p.m. (Shauna) HIIT 5:30 - 6:30 p.m. (Natasha)	
25 Spin Class 5:30 - 6:30 p.m. (Shauna) HIIT 5:30 - 6:30 p.m. (Natasha)	26 Zumba 6:00 - 7:00 p.m. (Nikisha)	27 Spin Class 5:30 - 6:30 p.m. (Shauna) HIIT 5:30 - 6:30 p.m. (Natasha)	

Hoping to keep those resolutions to become healthier and more fit this new year? Jump start your journey by sampling our Fitness Classes for FREE! We're offering our Spin Classes, High Intensity Interval Training and Zumba the entire month of January for FREE! Regularly priced at \$7 per class or ten for \$35, these classes are guaranteed to be a fun and challenging addition to your regimen as you work towards your fitness goals. Personal Training and Running Coaching services are available.