



DAM NECK FITNESS AND SPORTS MAY GROUP EXERCISE SCHEDULE



Dam Neck Fitness Center - 1977 Terrier Ave, Bldg. 524. Virginia Beach, VA 23461. Tel. 492-7483/7185
FREE to active duty, retirees, eligible family members, reservists and DoD civilians.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
EXERCISE YOUR OPTIONS	1 6 to 7 a.m. & 7 to 8 a.m. TRX Clinic 11:30 a.m. to 12:30 p.m. Spin Cycle	2 6 to 7 a.m. Max Intensity 11:30 a.m. to 12:30 p.m. Zumba (FF) 5 to 6 p.m. Spin Cycle	3 6 to 7 a.m. & 7 to 8 a.m. TRX Circuit 11:30 to 12:30 pm. Spin Cycle 6 to 6:45 p.m. Pilates 7 to 8 p.m. Yoga (FF)	4 6 to 7 a.m. Max Intensity 7 to 8 a.m. Command PT 5 to 6 p.m. Family Fitness Open Rec	5 8 to 9 a.m. Yoga (FF)
7 11:30 a.m. to 12:30 p.m. & 5 to 6 p.m. Spin Cycle	8 6 to 7 a.m. & 7 to 8 a.m. TRX Clinic 11:30 a.m. to 12:30 p.m. Spin Cycle	9 6 to 7 a.m. Max Intensity 11:30 a.m. to 12:30 p.m. Zumba (FF) 5 to 6 p.m. Spin Cycle	10 6 to 7 a.m. & 7 to 8 a.m. TRX Circuit 11:30 to 12:30 pm. Spin Cycle 6 to 6:45 p.m. Pilates 7 to 8 p.m. Yoga (FF)	11 6 to 7 a.m. Max Intensity 7 to 8 a.m. Command PT 5 to 6 p.m. Family Fitness Open Rec	12 8 to 9 a.m. Yoga (FF)
14 11:30 a.m. to 12:30 p.m. & 5 to 6 p.m. Spin Cycle	15 6 to 7 a.m. & 7 to 8 a.m. TRX Clinic 11:30 a.m. to 12:30 p.m. Spin Cycle	16 6 to 7 a.m. Max Intensity 11:30 a.m. to 12:30 p.m. Zumba (FF) 5 to 6 p.m. Spin Cycle	17 6 to 7 a.m. & 7 to 8 a.m. TRX Circuit 11:30 to 12:30 pm. Spin Cycle 6 to 6:45 p.m. Pilates 7 to 8 p.m. Yoga (FF)	18 6 to 7 a.m. Max Intensity 7 to 8 a.m. Command PT 5 to 6 p.m. Family Fitness Open Rec	19 8 to 9 a.m. Yoga (FF)
21 11:30 a.m. to 12:30 p.m. & 5 to 6 p.m. Spin Cycle	22 6 to 7 a.m. & 7 to 8 a.m. TRX Clinic 11:30 a.m. to 12:30 p.m. Spin Cycle	23 6 to 7 a.m. Max Intensity 11:30 a.m. to 12:30 p.m. Zumba (FF) 5 to 6 p.m. Spin Cycle	24 6 to 7 a.m. & 7 to 8 a.m. TRX Circuit 11:30 to 12:30 pm. Spin Cycle 6 to 6:45 p.m. Pilates 7 to 8 p.m. Yoga (FF)	25 6 to 7 a.m. Max Intensity 7 to 8 a.m. Command PT 5 to 6 p.m. Family Fitness Open Rec	26 8 to 9 a.m. Yoga (FF)
28 MEMORIAL DAY No Classes	29 6 to 7 a.m. & 7 to 8 a.m. TRX Clinic 11:30 a.m. to 12:30 p.m. Spin Cycle	30 6 to 7 a.m. Max Intensity 11:30 a.m. to 12:30 p.m. Zumba (FF) 5 to 6 p.m. Spin Cycle	31 6 to 7 a.m. & 7 to 8 a.m. TRX Circuit 11:30 to 12:30 pm. Spin Cycle 6 to 6:45 p.m. Pilates 7 to 8 p.m. Yoga (FF)	This month's incentive programs: Spring Slim Down Continues through Friday, May 25. The Ironman Triathlon Summer Tour starts Monday, May 28 through Labor Day. For more information, call 492-7483.	

Come Exercise With Us!

Command PT: Motivating music with the ultimate cardio and strength training. When preparing for the PRT, this is the best way to train. This is for everyone in all fitness levels.

Spin Class: An awesome indoor cycling class for beginners and athletes. It's a great cardio and fat burning workout with interval hill climbing and much more!

MAX Intensity: Try a different type of workout setting. Some key modalities of fitness (aerobic conditioning, endurance and flexibility) are incorporated into this non-static fitness setting. A fitness coach will lead you through endurance stations, core training, aerobic drills, and challenge games-virtually anything goes as long as you are "working it". The results will produce better PRT scores, increased fitness and flexibility, and of course a better you!

Yoga: If you want to improve your flexibility, build strength and stamina, improve balance, mental focus and concentration, as well as learn breathing techniques to maximize oxygen intake, then this class may be for you.

Zumba: This class combines high energy and motivational music with unique moves and combinations that allows you to dance away your worries. It is based on the principle that a workout should be "fun and easy to do". It allows participants to stick to the Zumba fitness program and achieve long-term health benefits.

(FF): Family Friendly

Pilates: A body-conditioning technique designed to stretch, strengthen and balance the body. Pilates targets the deep postural muscles within the body through a series of exercises aimed at building muscle strength and re-balancing the body. Excellent for improving posture, strength and flexibility and aligning the body correctly, Pilates also teaches coordination, concentration and control of the body.

EXERCISE YOUR OPTIONS



Hours of Operation

Monday through Thursday:

5:30 a.m. to 8 p.m.

Friday:

5:30 a.m. to 7 p.m.

Saturday and Sunday:

8 a.m. to 4 p.m.

Holidays:

Times will be announced.

**But first...
Consult with
your physician
to determine
if you have
any physical
limitations that
may prevent
you from
participating
in any of the
classes.**