

**Prince George's Sports & Learning Complex  
Group Exercise Schedule  
Effective: August 31, 2024**



**STUDIO A (^ represents classes held in the fitness center)**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:00am Wake & Shake Zumba (Jen)	10:00am Senior Bootcamp* (Ro)		10:00am Senior Bootcamp* (Ro)		
12:30pm Cardio Blast (Lisa)				5:30pm Step Aerobics (Angela)		12:30pm Total Tone ^ (Bailey)
	6:30pm Zumba (Yvonne)	6:30pm Tabata (Latousha)		6:30pm Zumba (Yvonne)	6:30pm Go-Go Zumba (Jen)	
	8:00pm Spartacus (Paul)	8:00pm Spartacus (Paul)				

**STUDIO B**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					8:30am Pick Up the Pace* (Deborah)	10:00am Cardio Kickboxing/Step (Paul)
	10:30am Balance & Stability* (Deborah)		10:00am Pick Up the Pace* (Deborah)			
1:30pm Total Body Stretch (Latousha/Lisa)			12:00pm Zumba Gold* (Jewel)			11:30am Power Weights (Paul)
	6:00pm Yoga (Andria)	5:30pm Diva Booty (Angela)	6:00pm Yoga (Andria)			
	7:00pm HIIT Blast (Bailey)	6:30pm Kettlebell FIT* (Mo)	7:00pm HIIT Blast (Bailey)	6:30pm Kettlebell FIT* (Mo)		

**CYCLING**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:30am (Latousha)					
		6:00pm (Cathy)				9:30am (Cathy)
	6:30pm (Paul)		6:30pm (Paul)	6:30pm (Latousha)		

**Policies/Procedures:**

\*These classes require an additional payment.  
We reserve the right to cancel Group Exercise classes at any time without notice. Classes are held at 50% capacity.  
Our policy remains walk-in until full (drop in fees are \$8 for all classes).

Please note, you will not be permitted in class 5 minutes after the scheduled start time, consequently missing the warm-up and stretch portions of the class. This has been established to ensure the safety of patrons.

NO cash refunds are available.

Group Exercise classes are for PAID membership/group ex plans or PAID drop-ins only.

FEEDBACK AND COMMENTS ARE WELCOME: Please contact Teisha Womack, Fitness Center Manager, at 301-583-2562 or [notelsha.womack@pgparks.com](mailto:notelsha.womack@pgparks.com)

