

Prince George's Sports & Learning Complex
Group Exercise Schedule
Effective: November 30, 2024



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10:00am Senior Bootcamp* (Ro)		10:00am Senior Bootcamp* (Ro)		
12:30pm Cardio Blast (Lisa)				5:30pm Step Aerobics (Angela)		
		6:30pm Tabata (Latousha)				
	8:00pm Spartacus (Paul)	8:00pm Spartacus (Paul)				

STUDIO B

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:15am Morning Meditation* (Teisha)		7:30am Yoga (Tamara)			10:30am Cardio Kickboxing/Step (Paul)
	7:30am Yoga (Tamara)		10:00am Pick Up the Pace* (Deborah)		10:00am Line Dance* (Jen)	
1:30pm Total Body Stretch (Latousha/Lisa)		5:30pm Diva Booty (Angela)	12:00pm Zumba Gold* (Jewel)			11:30am Power Weights (Paul)
	10:30am Balance & Stability* (Deborah)	6:30pm Kettlebell FIT* (Mo)	6:00pm Yoga (Andria)	6:30pm Kettlebell FIT* (Mo)		
	6:00pm Yoga (Andria)	7:45pm Tone & Sculpt* (Lisa)	8:00pm Calisthenics & Core (Paul)	7:45pm Tone & Sculpt* (Lisa)		
	7:00pm Go-Go Zumba (Jen)					

CYCLING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:30am (Latousha)					
						9:30am (Cathy)
	6:30pm (Paul)	6:00pm (Cathy)	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 The Fitness Center Welcome Desk, at 301-583-2525 or Noteisha.Womack@pgparks.com



