

Prince George's Sports & Learning Complex
Group Exercise Schedule
Last Update: October 20, 2026



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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:00am Rise & Grind Bootcamp* (Catrice)		6:00am Rise & Grind Bootcamp* (Catrice)		
	9:30am Tai Chi* (Madeline)	10:00am Senior Bootcamp* (Ro)		10:00am Senior Bootcamp* (Ro)	11:00am Tai Chi* (Hero)	
		6:00pm Flex Appeal (Angela)		6:00pm Steppin' Hot (w/Angela)		

STUDIO B

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:30am Yoga (Tamara)		7:30am Yoga (Tamara)			
			10:00am Pick Up the Pace* (Deborah)		10:00am Power Flow Fuse* (Deborah)	10:00am Sculpt & Shred* (Tousha)
	10:30am Balance & Stability* (Deborah)		11:00am Step Strong - Seniors (Deborah)			11:15am Stretch Zone (Tousha)
	11:30am Pilates (Denise)		12:00pm Zumba Gold* (Jewell)			
	6:00pm Yoga for All (Andria)	6:30pm Kettlebell FIT* (Mo)	5:00pm Tai Chi* (Madeline)	6:30pm Kettlebell FIT* (Mo)		
	7:00pm Belly Burn (Mel)		6:00pm Yoga for All (Andria)			

CYCLING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:30am (Tousha)				
						Power Cycle 9:30am (Cathy)
	Spin Flex 6:00pm (Mel)	Power Cycle 6:00pm (Cathy)	6:00pm (Karina)	6:30pm (Tousha)		

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 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



Descriptions