

Prince George's Sports & Learning Complex
Group Exercise Schedule
Last Update: June 29, 2025



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

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|-------------------------------|-------------------------------|-----------|-------------------------------------|--------|----------|
| | | | | | | |
| | | | | 6:00pm Step Aerobics (Angela) | | |
| | | 6:30pm Spartacus (Paul) | | | | |
| | 8:00pm Spartacus (Paul) | | | | | |

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 Senior Bootcamp* (Ro) | 11:00am Step Strong - Seniors (Begins 7/9) | 10:00am Senior Bootcamp* (Ro) | | 10:00am Cardio Kickboxing/Step (Paul) |
| | 10:30am Balance & Stability* (Deborah) | 5:30pm Diva Booty (Angela) | 12:00pm Zumba Gold* (Jewell) | | | 11:30am Power Weights (Paul) |
| | 6:00pm Yoga (Andria) | 6:30pm Kettlebell FIT* (Mo) | 6:00pm Yoga (Andria) | 6:30pm Kettlebell FIT* (Mo) | 5:15pm Functional Fitness (Frank) | |
| | | | 8:00pm Calisthenics & Core (Paul) | 7:45pm Tone & Sculpt* (Lisa) | 6:00pm Active Recovery* (Frank) | |

CYCLING

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|------------------|--------------------|------------------|----------------------|--------|-------------------|
| | | 6:30am (Tousha) | | | | |
| | | | | | | 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 (class pass and 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

