

APRIL 2025

Group Fitness Calendar



Monday	Tuesday	Wednesday	Thursday	Friday
5:30 & 9 a.m. Core/TRX	1 5:30 & 9 a.m. Full	2 5:30 & 9 a.m. Lower	3 5:30 & 9 a.m. Upper	4 5:30 & 9 a.m. Core/TRX
5 5:30 & 9 a.m. Core/TRX	6 5:30 & 9 a.m. Full	7 5:30 & 9 a.m. Lower	8 5:30 & 9 a.m. Upper	9 5:30 & 9 a.m. Core/TRX
14 5:30 & 9 a.m. Core/TRX	15 5:30 & 9 a.m. Full	16 5:30 & 9 a.m. Lower	17 5:30 & 9 a.m. Upper	18 5:30 & 9 a.m. Core/TRX
21 5:30 & 9 a.m. Core/TRX	22 5:30 & 9 a.m. Full	23 5:30 and 9 a.m. Lower	24 5:30 & 9 a.m. Upper	25 5:30 & 9 a.m. Core/TRX
28 5:30 & 9 a.m. Core/TRX	29 5:30 & 9 a.m. Full	30 5:30 and 9 a.m. Lower	1	2

Core

30 minutes of working the core of your body. Targeting upper/lower abs and the obliques.

Full Body Workout

Fast paced 30 minute session that targets every major muscle group.

Class Details

Lower Body Workout

30 minute session of light weight/high reps to burn fat and build muscle.

Upper Body Workout

This is a class that exercises the pecs., biceps, triceps, lats. and shoulders.

Fitness Center

15th St., Bldg. 320

717-770-6428

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www.defensemwr.com/susquehanna

Hours

Mon-Thu, 4:30 a.m.-7:30 p.m.

Fri, 4:30 a.m.-6:30 p.m.

Sat & Sun, 8 a.m.-1 p.m.