

Group Fitness Schedule



HQC Fitness Center

Winter 2020

Hours of Operations:

Mon – Thurs: 4:00am – 7:30pm

Friday 4:00am-6:30pm

1st Saturday of the month:

8:00am-5:00pm

All other Saturdays 8am-1pm

Program Manager: Jacqueline Tran

Group Fitness Coordinator: Calvin Jones



MON	TUES	WED	THU	FRI
6:00-6:45am T.B.C. Calvin	6:00-6:45am HIIT Leslie	6:00-6:45am ATG Staff	6:00-6:45am Cycle Leslie	6:00-6:45am Yoga Tracey
11:15-12:00pm Pilates Jennifer	11:15-12:00pm Tabata Hailey	11:15-12:00pm MetCon Jacqueline	11:15-12:00pm Circuit Burn Calvin	11:15-12:00pm Strong & Toned Calvin
12:15-1:00pm Strong & Toned Olga	12:15-1:00pm ATG Melissa	12:15-1:00pm GRIT ACFT David	12:15-1:00pm Barre Olga	12:15-1:00pm Yoga Tracey
3:15-4:00pm Gentle Yoga Olga	4:15-5:00pm Cycle Olga	3:15-4:00pm Yoga Olga	5:00-5:45 pm GRIT ACFT Staff	
		4:15-5:00pm Zumba Mashari		

Telephone: (571-767-2107) | Email: HQCFitnessCenter@DLA.mil | Website: defensemwr.com/hqc

Welcome!

Our exercise programs provide our members with professional instruction with safe, fun, and effective workouts.

We offer a variety of classes that focus on cardiovascular, strength, and flexibility training for participants of all fitness levels.

Class Policies

1. Please abide by the following class policies. Classes are a group activity. Cooperation ensures an effective, safe, and enjoyable workout for all.
2. Please follow the instructor as closely as you can. Doing your own routine may distract your fellow members as well as your instructor. If you have a condition which may require exercise modifications, please consult your instructor before the class. When participating in any class always exercise at your own pace and intensity.
3. Please be on time. The class begins with the warm up, which is important in decreasing risk of injury. For your safety, do not enter a class if you are more than 10 minutes late.
4. Be considerate of other member's space. Do not crowd a member who has arrived in class before you. Keep conversation to a minimum and cellphone usage outside of the room.
5. Do not enter the classroom before the current class is finished.
6. Athletic shoes must be worn at all classes at all times.
7. All equipment must be returned to its proper storage area at the end of class and wiped down.
8. Please direct all comments, concerns, & questions to the Fitness Manager.

Class Descriptions

ATG: Anything goes in ATG! This total body workout uses dumbbells, bars, resistance bands, steps, and more. You are sure to feel the burn. **All Fitness levels are welcome.**

Barre: The Barre workout is designed to trim, tighten and tone your entire body for a leaner physique. Emphasis on stabilization, core strength, legs and glutes. Focus is targeted towards small, controlled movements, isometric holds and high repetition. **All Fitness levels are welcome.**

Core and More: A combination of core and strength movements that give you a solid foundation to build upon. This is a low impact class challenging your balance and endurance. **All fitness levels are welcome.**

Circuit Burn: High-intensity workout focusing on strength building and muscular endurance. Tone your entire body and build your cardiovascular capacity with this fun and intense circuit training class. **All fitness levels are welcome.**

Cycle: A low joint impact cardio workout that improves your cardiovascular endurance. Cycling combines high and low resistance and intensity and is a great cardio alternative for knee and back injuries. **All Fitness levels are welcome.**

GRIT: Total-body strength and conditioning class for anyone looking to get lean, toned, and fit! **All Fitness levels are welcome.**

HIIT: High Intensity Interval Training works your heart rate zones to maximize your performance and agility. **All Fitness levels are welcome.**

Metabolic Conditioning (METCON): This class is geared toward improving the capacity of the body's energy systems. Get ready to work your heart rate zone to maximum capacity, burn max calories and improve your performance and agility. **All Fitness levels are welcome.**

Power Pilates: Focuses on joint mobility, muscle elasticity, and core strengthening. Pilates is recommended for injury prevention and rehabilitation. It will give you energy, stability, strength, and control over movement. **All Fitness levels are welcome.**

Strong and Toned: A strength and conditioning class that focuses on high repetition, low weight movements and low repetition and high weight movements. This class will test your muscle endurance and tone and strengthen your entire body. **All Fitness levels are welcome.**

Tabata: A challenging workout with minimal rest between sets. This is an interval based class rotating sets every 20 seconds and repeating. This class is an effective fat blasting and cardio building workout that will have you sweating! **All Fitness levels are welcome.**

Total Body Conditioning: Push yourself in this total body strength and conditioning program that specializes in speed, power, coordination, agility, balance, and stamina. **All Fitness levels are welcome.**

Zumba: Latin inspired dance class designed to keep you sweating with interval speeds and fun choreography. **All Fitness levels are welcome.**

Yoga: A series of postures and breathing exercises practiced to achieve control of the mind and body. This relaxing class involves holding poses that stretch and tone muscles. It also involves meditation techniques to reduce stress. **All Fitness levels are welcome.**

Instructors are subject to change without notice.

Fitness Center Etiquette:

- ***Re-rack all weights and return all equipment to its proper place***
- ***Avoid slamming weights***
- ***Avoid phone usage during classes or playing music without ear buds.***
- ***Wipe down all equipment after use***
- ***Be mindful of your time on the equipment, allow others to work in sets with you and limit your time on the cardio machines to 30 minutes when others are waiting.***
- ***Dress appropriately. The Fitness Center is a fun environment but still a corporate place of work. Clothing should provide sufficient coverage of the body as not to offend others.***