Wellness-Fitness
FEDERAL OCCUPATIONAL HEALTH

FedStrive Health and Wellness Center

September 2014 — Class Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:30 am	Total Body (30 min)	Core Balance Reactive (30 min)	Strength & Stability (30 min)	Ab Attack (30 min)	Stretch, Relax, Recovery (30 min)
9:30 am	Open Equipment Orientation (30 min)	Open Equipment Orientation (30 min)	Open Equipment Orientation (30 min)	Open Equipment Orientation (30 min)	Open Equipment Orientation (30 min)
11:00 am	H.I.I.T 11:10-11:40	Mat Pilates (45 min)	Stretch, Relax, Recovery (30 min)	Power Yoga (45 min)	Stretch, Relax, Recovery (30 min)
11:50 am	Bootcamp (45 min)	Functional Fitness (45 min)	Sculpt (45 min)	Zumba (45 min)	Abs Glutes and Thighs (45 min)
12:40 pm	Basic Yoga (60 Min)	Zumba (45 min)	Cardio Conditioning (45 min)	Cardio Craze (45 min)	Basketball Open Gym (60 min)
1:30 pm	Basketball Open Gym (1:45 – 2:45)	Volleyball Open Gym (60 Min)	Volleyball Open Gym (60 Min)	Volleyball Skills & Drills (60 min)	
4:00 pm	EasyFIT Abs (15 min)	EasyFIT Strength (15 min)	EasyFIT Cardio (15 min)	EasyFIT Stability (15 min)	
4:30 pm	Kickboxing (45 min)	Core Express (15 min)	Power Sculpt (45 min)	Core Express (15 min)	
5:35 pm	Zumba (45 min)	*Jazzercise (60 min)	*Jazzercise (60 min)	*Jazzercise (60 min)	

NOTES: (*) Indicates additional fee required.

INFORMATION:
http://www.foh.hhs.gov/public/wfsites/HHH_DC.html
202.690.8029