


7700 Gunston Plaza  
703-339-6339

Club Hours  
M-F 4:30 am - 10:00 pm  
Sat-Sun 7:00 am - 6:00 pm

# LORTON

JULY 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:15 AM Sharon <b>LES MILLS sprint</b> 30 MIN		5:15 AM Sharon <b>LES MILLS sprint</b> 30 MIN			
				9:00 AM Suzy <b>LES MILLS BODYCOMBAT</b> 45 MIN	9:00 AM Varied Instructors  45-55 MIN	8:45 AM Deborah <b>Gentle YOGA</b>
9:30 AM Carol <b>LES MILLS BODYPUMP</b>	9:15 AM Carol <b>GROUP Cycle</b> 45 MIN 	9:45 AM Kelly <b>CORE STRENGTH</b> 45 MIN	9:35 AM Miriam <b>LES MILLS BODYPUMP</b>	9:15 AM Maria <b>LES MILLS sprint</b> 30 MIN	9:30 AM Sara <b>LES MILLS BODYATTACK</b>	10:00 AM Megan <b>LES MILLS BODYPUMP</b>
10:45 AM Deborah <b>PILATES MAT</b> 45 MIN	10:45 AM Julia <b>FOREVER FIT</b> 50 MIN	10:45 AM Kelly DrishtiBeats <i>Yoga</i>	10:45 AM Andrew <b>FOREVER FIT</b> 50 MIN	10:00 AM Carol <b>LES MILLS BODYPUMP</b>	10:30 AM Yurmaly  <b>ZUMBA</b>	11:15 AM Kathy <i>Restorative Yoga</i> Once a month July 27 75 min
				11:30 AM Rebecca <b>PILATES MAT</b> Starts July 18	<p>All cycle classes listed are in our cycle studio.</p> <div> <p>Book your complimentary group fitness orientation today to see which classes are best for you!</p> <p>contact:</p> <p>Kelly Shelton Group Fitness Director kshelton@goldsgymakeridge.net</p> </div> 	
5:30 PM Mary <b>BARRE SCULPT</b> 40 MIN		4:45 PM Kelly / Claudia  <b>HIIT CYCLE</b> 30 MIN				
6:15 PM Monique <b>LES MILLS BODYPUMP</b>	6:00 PM Miriam <b>LES MILLS BODYATTACK</b>	5:30 PM Monique <b>LES MILLS BODYPUMP</b>	6:00 PM Jose  <b>BURN</b>	6:00 PM Mary <b>LES MILLS BODYBALANCE</b>		
	7:15 PM Tarif  <b>ZUMBA</b>	6:30 PM Sara <b>LES MILLS BODYCOMBAT</b>	7:15 PM Lucy  <b>ZUMBA</b>			

We have a Restorative Yoga class once a month, usually the last Sunday of the month.  
Our 8:45 Gentle Yoga will still remain as scheduled even when this class is scheduled.