FREE "Fitness for You"

October 2019 Events

NIH FITNESS CENTER — *GET FIT The Right Way!*

NIH National Institutes of Health

Date	Day	Time	Location	Program	Trainer
10/3	Thursday	5:15pm – 6:15pm	Bldg. 31 Rm. B4-C18	Krav Maga	Pure Performance
10/4	Friday	11:00am – 11:45am	Bldg. 31 Rm. B4-C18	Power Yoga	Aleksandra
10/7	Monday	12:00pm – 12:45pm	Bldg.31 Rm. B-4C18	Essentrics	Elena
10/7	Monday	12:15pm – 1:00pm	RKL II Rm. 9112/9116	Cardio Kickboxing	Charissa
10/8	Tuesday	12:15pm – 1:00pm	The Loft (T-39)	Strength & Conditioning	Susan
10/10	Thursday	11:00am – 11:45am	Bldg.31 Rm. B4-C18	Yoga for YOU	Shannon
10/10	Thursday	12:15pm – 1:00pm	The Loft (T-39)	Total Body Transformation	Maria
10/11	Friday	12:15pm 1:00pm	RKL II Rm. 9112/9116	Interval Training	Lisa
10/15	Tuesday	11:15am – 12:00pm	RKL II Rm. 9112/9116	Zumba Toning	Michelle
10/15	Tuesday	12:00pm – 12:45pm	Bldg. 31 Rm. B4-C18	Tabata	Ashley
10/16	Wednesday	5:45pm – 6:15pm	The Loft (T-39)	Indoor Cycling	Jeff
10/17	Thursday	12:00pm – 12:45pm	Bldg. 31 Rm. B4-C18	BANG "Power Dance"	Linda
10/21	Monday	6:00am – 7:00am	The Loft (T-39)	Functional Fitness Training	Eddie
10/21	Monday	5:30pm – 6:30pm	The Loft (T-39)	Essentrics	Elena
10/22	Tuesday	12:15pm – 1:00pm	RKL II Rm. 9112/9116	Power Sculpt	Shannon
10/22	Tuesday	5:15pm – 6:15pm	Bldg.31 Rm. B4-C18	Krav Maga	Pure Performance
10/24	Thursday	12:15pm – 1:00pm	RKL II Rm. 9112/9116	WO! Combo (Weights Only)	Charissa
10/25	Friday	6:00am – 7:00am	The Loft (T-39)	Functional Fitness Training	Eddie
10/28	Monday	12:00pm – 12:45pm	Bldg. 31 Rm. B4-C18	Essentrics	Elena
10/29	Tuesday	5:30pm – 6:30pm	The Loft (T-39)	Power Yoga	Aleksandra
10/31	Thursday	5:15pm- 6:15pm	Bldg. 31 Rm. B4-C18	Krav Maga	Pure Performance