



WELLS FIELD HOUSE

AEROBICS

CLASS SCHEDULE

Wells Field House
1810 Goethals Rd.
Fort Belvoir, VA 22060

\$25.00

UNLIMITED Monthly Pass

Aerobics Program Updates:

- **Unlimited Weekly Pass - \$7.00**
- **Indoor Cycling classes are held at Graves Fitness Center**

REGISTRATION AND PAYMENTS ARE ACCEPTED AT GRAVES FITNESS CENTER AND THE BODY SHOP. PARTICIPANTS MUST BE AT LEAST 16 YEARS OF AGE. REFUNDS OFFERED FOR PCS, TDY MOVES, AND SERVICE INJURY/ILLNESS.

MONDAY

1030 BODY PUMP

TUESDAY

1100 ZUMBA

1200 YOGA

1730 INDOOR CYCLE

WEDNESDAY

1030 BODY PUMP

1130 CORE FUSION

THURSDAY

1100 BODY FIT

1200 YOGA

For more information
Contact the Fitness Program Specialists at

(703)806-4430



belvoir.armymwr.com



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