

Group Exercise March Schedule

Monday

Equipment orientation
available by appointment.

BLUE PRINT (Comprehensive
Fitness Improvement Program)

0700 HIIT* (CFIP)
(Rodneyta)
1200 Pilates (Keira)
1830 Cycle* (Brian)

Tuesday

FIP*-Fitness Improvement
Program approved
classes.

Classes are free and on a first
come, first served basis; however,
military members have priority in
classes that reach capacity.

0530 HIIT* (Rodneyta)
0600 Cycle* (Duane)
1830 Zumba
(Vanessa)

Wednesday

0700 Yoga (CFIP)
(Keira)
1700 HIIT (Rodneyta)
1800 Flow (Latonia)



Tactical Fitness
CenterBldg. 1444
Concord Ave
301.981.7101/7102
Monday-Friday 0430-2100
Saturday 0700-1500
Unmanned Fitness Center
when WFC is Closed

Thursday

0530 HIIT* (Renee)
1730 Cycle* (Brian)
1830 Zumba (Gwen)

East Fitness CenterBldg.
3705 Fetchet Ave
301.981.1610
Monday-Friday 0600-1400
Saturday/Sunday Closed

Friday

0700 Cycle (CFIP) (Renee)

Class dates and times are subject
to change.

Saturday

0900 Cycle* (Renee)

Facebook Page:

Andrews AFB
Fitness Center

Schedule

Updated:19
Feb 2022



