

Group Exercise Schedule

Wellness-Fitness

SUMMER 2025



NASA-GSFC Fitness Center

	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING CLASSES 7:30A-8:00A	Core & Stretching (Donna) 7:30a-8:00a	Lower Body Burn (Itunu) 7:30a-8:00a	Core & Stretching (Donna) 7:30a-8:00a	Upper Body Burn (Itunu) 7:30a-8:00a	CLOSED
NO CLASSES 9:00A-11:00A	Group Fitness Floor Open	Group Fitness Floor Open	Group Fitness Floor Open	Group Fitness Floor Open	
LUNCHTIME CLASSES 11:30A-12:30P	Back & Bicep Burn (Itunu) 12:00p-12:30p	Full Body Free Weights (Donna) 12:00p-12:30p	Low Impact-Cardio (Donna) 12:00p-12:30p	Abs & Glutes (Itunu) 12:00p-12:30p	ON
NO CLASSES 1:30P-3:30P	Group Fitness Floor Open	Group Fitness Floor Open	Group Fitness Floor Open	Group Fitness Floor Open	
EVENING CLASSES 4:00P-4:30P	No Class	No Class	No Class	No Class	FRIDAYS

ATTENTION CLASS PARTICIPANTS:

Additional Notes: Please sign up for class via Mindbody so the instructors will know you are attending class.

FRIDAYS:CLOSED

1. Please arrive promptly for class
2. Please sign up for all classes.
3. Members are reminded to wear non-marking soled shoes or exercise shoes on the group ex. floor.