Group Exercise Schedule

Wellness-Fitness

FALL - 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	Core & Stretching (Donna) 7:30a-8:00a
No Classes 9:00a-11:00a	Group Fitness Floor Open	Group Fitness Floor Open	Group Fitness Floor Open	Group Fitness Floor Open	Group Fitness Floor Open
Lunchtime Classes 12:00-12:30p	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	Balance & Agility (Itunu) 12:00-p12:30p
1:00p-2:00pm	Group Fitness Floor Open	Group Fitness Floor Open	Group Fitness Floor Open	Group Fitness Floor Open	Group Fitness Floor Open
2:00p-Close	Group Fitness Floor Open	Group Fitness Floor Open	Group Fitness Floor Open	Group Fitness Floor Open	Group Fitness Floor Open

ATTENTION CLASS PARTICIPANTS:

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

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.

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Sign-up via Mind Body, you will receive an invite via MS Teams with a meeting ID to Join.
Any questions please email donna.a.foust@nasa.gov or tarha.s.young@nasa.gov

Bookmark clicking here so you can easily view the class schedule and sign up for classes as well as book Personal Training sessions from your desktop. You can login with your MINDBODY Login, which is what you created to access the MINDBODY App. Alternatively, create an online account by clicking here and choose "Need new password." You'll be prompted to enter the email address you used when you signed up for a membership. You will then receive an email at that address with the option to create a new password.

NASA-GSFC Fitness Center Group Exercise Descriptions

Balance & Agility

Balance and agility classes can help students develop the skills to:
Move efficiently
Maintain control of their body
Improve their coordination.
Reduce the risk of falls.
Protect sensitive areas like the shoulders, ankles, and lower back.

Yoga - In this Open-Level Vinyasa Flow class we keep the structure of the class simple enough for beginners but suggest optional variation to engage and challenge all levels and abilities.

Pilates- This popular mat workout developed by Joseph Pilates concentrates on core strength, body alignment and muscular balance. If you are looking for that long, lean dancer body, this is the class for you!

Buns (glutes), Guns(arms) and Abs(core)- This strength workout is designed to tone up in all the right places – your legs, your butt, your abs, and your arms. It's a great workout on its own or to incorporate into your regular routine.

Lower Body Burn (All levels) - Designed to help you build strength, athleticism and mobility, these brief workout sessions keep the focus on your legs and glutes.

Core & Stretching (All levels) Stretching & Core Workout classes are designed to lengthen your muscles and tighten up your abdominals. The aim of these classes is to tone and flatten your stomach, help you when bending and reaching, to improve your movement/range of motion and to relieve stress.

Down to the Core- The core is the combination of your abdominal muscles, lower back muscles, and pelvic floor muscles. These components work together to support your spine and help you with everyday activities like sitting up straight, walking, or running. The benefits of core fitness training include Improved posture.

Cardio, Core Blast and Body Weight – Challenging the to improve stability and stamina**,** and cardiovascular system.

YoGalates: Strength & Fusion- A dynamic class combining the **core-strengthening** techniques of **Pilates** with the **flexibility** and **mindful movement** of **Yoga**. This class focuses on building **muscle tone**, improving **posture**, and enhancing **balance** while promoting **relaxation** and **stress relief**.

Total Body Strength– Push yourself in this total body strength and conditioning program that specializes in speed, power, coordination, agility, balance, and stamina.

Bootcamp- Full-body workout that combines cardio and strength training to build strength and fitness.

Cardio Blast - Full body workout that involves cardio to increase the heart rate mixed with resistance training.

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HIIT (High Intense Interval Training) – It incorporates several rounds that alternate between several minutes of high intensity movements to significantly increase the heart rate to at least 80% of one's maximum heart rate, followed by short periods of lower intensity movements.

Abs & Glutes (All Levels) - Total core and **glutes workout**! This **class** focuses on functional **abdominal** work & lower body exercises.

Full-Body Burnout- A full body workout is just what it sounds like: a workout that aims to hit all the major muscle groups in one single session. Popular programs would include exercises for back, legs, chest, shoulders, arms, and core.
Full Body Free Weights- Free weights are a form of strength training that can be defined as resistance exercises provided by 'free' objects that aren't attached to anything and that you can quite literally pick up and move. These include items such as medicine balls, barbells, dumbbells, kettlebells, sandbags, and resistance bands.