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Beast Spinning New Body Cardio (30 Min) Spinning Zumba Gutts 'n Butts (30 Min)
Fun And Friendly Fitness Total Body Workout Zumba & Drums Time
Monday Tuesday Wednesday Thursday Friday Yoga 11:15 Am Yoga 10:45 Am Yoga 11:15 Am 6:15
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“WNBA Washington Mystics’ Forward/cen-ter Crystal Langhorne, From The University Of Maryland, Was The Honorary Coach For The Hospital Staff Team.” The USO, The Washington Redskins Cheerleaders And Staff From Information, Tickets & Technology (ITT) Were Also In At-tendance 4th, 2024

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