



NASA LANGLEY FITNESS CENTER

The NASA Langley Center (LFC) is a 4000+ square foot facility located in building 1222B and is available to employees, contractors, students, and retirees. Services provided by the LFC include: fitness classes, lunch and learns, sports specific clinics and personal training.

The LFC offers a variety of cardiovascular fitness machines and life fitness strength training machines so you can get a well rounded workout. Additional resources for taking your working to the next level include: free weights, bench press, smith machine, body bars, TRX, BOSUs, stability balls, bands, and toning balls. The LFC is staffed with three fitness specialists who hold degrees or certifications in the exercise science field. Initial orientations are available by appointment.

The LFC hours of operation are Monday through Friday from 10am to 6:30pm. The gymnasium and locker rooms are available until 10p.m. weekdays and all day during the weekends. X46387

Fitness Classes

**\$4 per class/\$24 per month/\$200 per year
OR
30 classes for \$75.**

Yogalates: Monday 11:00 a.m to Noon. Yogalates combines Yoga and Pilates, to build CORE strength and enhance balance. You will explore the benefits of breathing, flexibility, muscular endurance, strength, and relaxation in a no-competitive environment. This workout provides an incredible mind/body experience that will help you lose weight and completely transform your body!

Mat Pilates: Tuesday 4:00 p.m to 4:45 p.m. Learn how to build core strength while increasing muscle definition and endurance. Pilates combines the best of Eastern (yoga) and Western (strength training) methods of exercise to attain a more balanced body through flexibility, strength and balance. The individual will focus on quality of movements through precision and grace.

Circuit/Interval Training: Wednesday & Friday 11:00 a.m to Noon. This class mixes cardio intervals and strength with music that makes you want to move it! The boot camp style class gives you the ultimate cardiovascular workout that will melt fat and reshape your body! Each full body workout consists of a sport specific warm-up, higher paced intervals, easy to follow combinations, kickboxing specific strength/endurance training and a mind/body like cool-down designed to maximize weight loss!

Personal Training

\$30.00/hour

A trainer will customize your fitness routine to meet your body's individual needs and personal goals. Training includes: sport specific, more muscle mass, fat loss, muscle toning, new to exercise, getting out a plateau and so much more.