

GROUP EXERCISE CLASSES

SEPTEMBER TO DECEMBER 2018

FOR YOUR SAFETY, PLEASE DO NOT ENTER A CLASS 10 MINUTES AFTER IT HAS BEGUN.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
11:15 a.m. to 12:15 p.m.	6 to 7 a.m.	9 to 10 a.m.	6 to 7 a.m.	5:15 to 5:45 a.m.	
Spin-Cycle	PT4URPRT (FEP)	Chair Fusion *FF	PT4URPRT (FEP)	HIIT	
				5:50 to 6:20 a.m. Core Fitness	
4:30 to 5:30 p.m.	11:15 a.m. to 12:15 p.m.	11:15 a.m. to 12:15 p.m.	10:15 to 11 a.m.	7 to 8 a.m.	
Step Cross Training	Step Cross Training	ZUMBA/Core Fitness *FF	Yoga Fusion	Jordan Bridge Running Club *FF	
	4:30 to 5:30 p.m.	11:15 a.m. to 11:45 p.m.	11:15 a.m. to 12:15 p.m.	11:15 to 11:45 a.m.	<p>*FF = Family Friendly This class is intended for parents and children (10 & older) to work out together.</p> <p>*FF</p>
	HIIT	METCON (Hit Zone, First Floor)	Spin-Cycle	Core and More	
	5:40 to 6 p.m.	4:30 to 5:30 p.m.	4:30 to 5:30 p.m.	4:30 to 5:30 p.m.	
	Yoga/Regeneration *FF	Turbo Cardio Kick	Spin-Cycle	Circuit Training	



HOURS OF OPERATION
 Monday - Friday: 4:30 a.m. to 8 p.m.
 Saturday: 8 a.m. to 4 p.m.
 Sunday: 9 a.m. to 4 p.m.
 Holidays: 8 a.m. to 4 p.m.

No classes offered on holidays.

GROUP EXERCISE CLASS DESCRIPTIONS

20/20/20

This class is a total body workout that includes 20 minutes of cardiovascular conditioning, 20 minutes of strength training using various equipment and 20 minutes of core exercises and flexibility training.

CORE AND MORE

This is a quick, high-energy muscle conditioning class that tones and shapes your hips, thighs, butt and abdomen. Exercises target and tone your entire core and lower body using a variety of fitness equipment. This class is a great complement to any exercise program or a challenge on its own.

CHAIR FUSION

A "chair based" fitness class that is designed for all ages, incorporating resistance bands, weights, stability balls and some relaxing yoga moves.

CIRCUIT TRAINING

This class is a total body circuit workout combining athletic drills, agility, cardio, and strength moves using a variety of fitness equipment.

CORE FITNESS

Learn how to effectively work your abdominals and lower back to develop core strength.

HIIT

(High Intensity Interval Training)

This class is a total body workout combining athletic drills, agility, cardio and strength using a variety of fitness equipment.

METCON

A metabolic conditioning class focusing on anaerobic fitness, muscular endurance and power. This quick, high-energy class incorporates multi-joint movements with the use of kettlebells, medicine balls, dumbbells, rower, tractor tires and more. A general fitness background is preferred, but modifications are always available for lower fitness levels.

PT4URPRT

This class is designed to help your command meet the increasingly challenging Navy standards. The class combines running drills, core strength, and upper and lower body strength.

SPIN-CYCLE

This indoor cycle class is designed to simulate terrain and situations encountered in an actual bicycle ride, including hill climbs, sprints and interval training. This class is geared towards all fitness levels.

STEP CROSS TRAINING

This class consists of intervals of step and strength conditioning utilizing bands, body bars and/or dumbbells.

TURBO CARDIO KICK

This high-energy class uses kick boxing combinations and techniques to give you the ultimate cardiovascular workout that will melt fat and reshape your body.

YOGA FUSION

This is a fusion of yoga and pilates that provides a challenging total mind and body workout as well as promote mindfulness and relaxation. You will burn calories, tone muscles, work on balance and flexibility. Various equipment may be used in class such as light weights, stability balls, yoga blocks, and resistance bands. All fitness levels are welcome to join.

ZUMBA

This is a dance fitness class with specific beats and tempo changes that transition the workout from one toning, strengthening or cardio move to another, and targets every major muscle group in the body. Fun for all fitness levels.

