



GROUP FITNESS SCHEDULE

MONDAY

MOVE TOGETHER.
GET STRONGER.
FEEL BETTER.

TUESDAY

11:15 - 12:15 pm
NOFFS
GANDAGE (NOFFS ZONE)

11:15 - 11:45 am
AB BLAST
SERRA (MAIN DECK)

11:45 - 12:45 pm
VINYASA YOGA FLOW
SERRA (MAIN DECK)

WEDNESDAY

8:30am-9:45 pm

YIN YOGA
DONNA (MAIN DECK)

10 - 11 pm
CARDIO FUSION
SERRA (GYMNASIUM)



THURSDAY

11:15 - 12:15 pm
NOFFS
COLE (NOFFS ZONE)

11:15 - 11:45 am
AB BLAST
SERRA (MAIN DECK)

11:45 - 12:45 pm
VINYASA YOGA FLOW
SERRA (MAIN DECK)

4:30 - 5:30 pm
SPIN 30/30
SYLVIA (GYMNASIUM)



FRIDAY

10 - 11 pm
CARDIO FUSION
SERRA (GYMNASIUM)



SATURDAY

See You
in Class!



ALL FITNESS LEVELS WELCOME!
Our classes are designed for everyone.



STAY CONSISTENT. STAY STRONG.
Join us and make movement a habit.



HYDRATE. FOCUS. SUCCEED.
Bring water and come ready!

No additional charge for MWR Fitness Classes if you have Gym Access or MWR Membership.

Guest will be charged \$5 fee at the front desk. **Credit Card ONLY*

NO CLASSES ON HOLIDAYS



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GROUP FITNESS CLASS DESCRIPTIONS

AB BLAST

30-MINUTE AB-SOLUTELY FABULOUS WORKOUT FOCUSING ON YOUR ABDOMINAL AND LOWER BACK MUSCLES TO SCULPT YOUR CORE.

CARDIO FUSION

60-MINUTE COMBINATION OF CARDIO, WEIGHT, AND FLEXIBILITY TRAINING. IF YOUR AIM IS WEIGHT LOSS AND IMPROVED ENDURANCE, THEN THIS CLASS IS GREAT!

NOFFS

60-MINUTE WORKOUT FUELED BY NAVY OPERATIONAL FITNESS AND FUELING SYSTEMS (NOFFS), AIMS TO PUSH YOUR STRENGTH AND CARDIO ABILITIES WHILE ENHANCING YOUR OVERALL ATHLETIC PERFORMANCE.

YIN YOGA

75-MINUTE SESSION DESIGNED TO HARMONIZE YOUR BREATH WITH MOVEMENT THROUGH A SEAMLESS FLOW OF SUN SALUTATIONS, BALANCING POSES, BACKBENDS, SEATED POSTURES, AND CORE STRENGTHENING EXERCISES.

VINYASA FLOW YOGA

60-MINUTE SESSION OF HOLDING FLOOR-BASED POSTURES FOR SEVERAL MINUTES TARGETS DEEPER TISSUES, LIGAMENTS, JOINTS, DEEP FASCIA, AND BONES. THIS PRACTICE CONTRIBUTES TO ACHIEVING A CALM AND PEACEFUL STATE OF MIND.

SPIN 30/30

60-MINUTE WORKOUT STARTING WITH 30 MINUTES OF CARDIO SPIN, FOLLOWED BY 30 MINUTES OF SCULPTING WITH WEIGHTS TARGETING UPPER BODY, ARMS, AND CORE. THEN, FINISH WITH A NICE COOL-DOWN.

WATER AEROBICS

60-MINUTE LOW-IMPACT CARDIO AND CONDITIONING CLASS THAT INTEGRATES THE NEWEST AQUA-BASED EXERCISES INTO A JOINT-FRIENDLY, HIGH-ENERGY WATER WORKOUT. SUITABLE FOR ALL FITNESS LEVELS. A LIFEGUARD WILL BE PRESENT.



Group fitness classes rotate seasonally and may change based on instructor and facility availability. Please refer to the current group fitness schedule for the latest class offerings and times.

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