



GROUP FITNESS SCHEDULE

TUESDAY

11:15am - 12:15pm

NOFFS

ROBBY (NOFFS ZONE)

11:15am - 11:45am

AB BLAST

SERRA (RB COURT B)

11:45am - 12:45pm

YOGA

SERRA (RB COURT B)

4:15pm - 5:15pm

VINYASA FLOW YOGA

DONNA (RB COURT B)

WEDNESDAY

9:00am - 10:15am

YIN YOGA

DONNA (RB COURT B)

11:15AM - 12:15PM

CARDIO FUSION

SERRA (GYMNASIUM)

4:30pm - 5:30pm

WATER AEROBICS

(MWR POOL)

THURSDAY

11:15am - 12:15pm

NOFFS

COLE (NOFFS ZONE)

11:15am - 11:45am

AB BLAST

SERRA (RB COURT B)

11:45am - 12:45pm

YOGA

SERRA (RB COURT B)

4:30pm - 5:30pm

SPIN 30/30

SYLVIA (RB COURT B)

FRIDAY

10:00AM - 11:00AM

CARDIO FUSION

SERRA (GYMNASIUM)

SATURDAY

8:00AM - 9:00AM

WATER AEROBICS

(MWR POOL)

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

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

NO CLASSES ON HOLIDAYS



GROUP FITNESS CLASSES

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.

Our group fitness sessions provide a fresh and captivating approach to achieving overall fitness. Extend your workout duration and maintain consistency under the supervision of a certified trainer. Stay driven by exercising with a group. Enjoy discovering new exercises and techniques to make fitness enjoyable. These classes offer a structured and disciplined approach to reaching your fitness objectives with a fixed schedule.