

# GROUP EXERCISE SCHEDULE

## MONDAY

6:30 am	TRX Circuit
10 am	Mommy Madness
11 am	NOFFS Strength & Cardio
4 pm	End Day HIIT

## TUESDAY

6:30 am	Triple B (ball, bands & battle rope)
10 am	Cross-Training Burn (conditioning & cardio)
11 am	Fight & Fit
4 pm	Cycle 45

## WEDNESDAY

6:30 am	Step Express
10 am	Mommy Madness
11 am	Core and Stretch
4 pm	End Day HIIT

## THURSDAY

6:30 am	Cross-Training Burn (conditioning & cardio)
10 am	Yoga
11 am	Strong Nation 45
4 pm	NOFFS Strength

## FRIDAY

6:30 am	Kettlebell Express
10 am	Zumba
11 am	HIIT Happens



Hornet's Nest Gym ◆ 529 D Avenue ◆ 757-433-3828



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NASO-N921-1125-00016-TR

No Navy endorsement implied.

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 @nasoceana



## CORE & STRETCH

Integrate elements of yoga and Pilates with basic stretching and breathing exercises to promote core strength and flexibility. For all levels of fitness.

## CROSS-TRAINING BURN (CONDITIONING & CARDIO)

A workout focused on elevating your heart rate with various modalities, such as HIIT, strength training and core work using a variety of equipment to get a total body burn.

## CYCLE 45

Enjoy this 45-minute cardio forward cycling class with a hint of muscular endurance through body-weight and light-weight exercises.

## END DAY HIIT

Use a variety of equipment to challenge your muscular and cardio systems in this fast-paced high-intensity interval workout.

## FIGHT & FIT

Take your martial arts striking to the next level with high-intensity training. Standing kickboxing bags will be used. Bring your own gloves or borrow some of ours.

## HIIT HAPPENS

A high-intensity circuit that challenges muscular strength and endurance while improving movement quality and cardio efforts using functional movements and other exercises.

## KETTLEBELL EXPRESS

A 30-minute, high-energy workout incorporating various kettlebell exercises often combined to optimize strength, endurance, coordination and mobility, all while burning fat.

## MOMMY MADNESS

Have some fun with a full-body workout combining cardio and weight training. All are welcome, including pre- and postnatal women and the little ones.

## NOFFS STRENGTH

This class is designed to increase muscle conditioning through various exercises from the Navy Operational Fitness and Fueling System's (NOFFS) strength series and endurance series.

## NOFFS STRENGTH & CARDIO

A total body workout that includes all movement types and cardio elements based on Navy Operational Fitness and Fueling System (NOFFS) training principles.

## STEP EXPRESS

This class is for all the step lovers out there who want a quick and effective cardio workout. In 30 minutes of fun, you will get in some athletic moves along with old school step.

## STRONG NATION

A high-intensity workout perfectly synced to the music that is guaranteed to push you to your limits of cardio and muscular endurance while building strength.

## TRIPLE B (BALLS, BANDS & BATTLE ROPES)

Incorporates functional training exercises using balls, bands and battle ropes to improve strength, cardio endurance and power.

## TRX CIRCUIT

Improve strength, balance, stability, and mobility using TRX suspension trainer and additional equipment.

## YOGA

Improve torso stability while increasing flexibility in this all-levels recovery class that incorporates breathing techniques and simple, intentional transitions of poses.

## ZUMBA

A fun, upbeat dance aerobics workout centered around Latin and international music designed to improve cardiovascular fitness and increase performance outputs.