

# NSA PHILADELPHIA MWR FITNESS GROUP EXERCISE SCHEDULE

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Tuesdays	Tuesdays	Wednesdays	Thursdays
YOGA 1115 PAULA	TURF & SURF 1145 BRI/MEL	SPIN PUMP 1145 BRI	RITMO LATINO 1145 KIM

## **TURF & SURF**

A combination of strength and conditioning training to boost your metabolism and burn fat in this quick 30-minute interval workout that includes everything from sleds, med balls, teams, & mini competitions on the turf!

Classes are held on the functional fitness area, located on the other side of the basketball court.

#### **SPIN PUMP**

High intensity spinning with full body exercises.

Join us on this 30-minute spin pump as we hop on and off the bike to improve both muscular and cardiovascular fitness!

To ensure a spot please arrive early, as bikes are available in a first come first serve basis.

Classes are held in the group fitness room.

### **RITMO LATINO**

Join us to swing those hips and move to the Latin Rhythm! You'll dance along to the hottest Salsa, Merengue, Bachata & Reggaeton hits!

This spicy interval workout will boost your cardio endurance and get you burning up to 400 calories in 30 mins!

Classes are held in the group fitness room.

#### **YOGA**

Get the blood and oxygen flowing through your body with this 60 mins yoga class. It will get you focusing on balance and awareness practicing proper alignment, and meditation. It's the perfect class that will help relieve some stress and gain tranquility.

Classes are held in the group fitness room.