

# Fletcher Fitness Center Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30-6:30 am FEP Powered by NOFFS		5:30-6:30 am FEP Powered by NOFFS		
	6:30-7:15 am Pilates Mat Class	6:30-7:15 am Pilates Mat Class			
	8:30-9:00 am Jiu-Jitsu (Gracie Survival Tactics) <i>pre-registration required</i>				
10:30-11:30 am FEP Powered by NOFFS	10:30-11:30 am FEP Powered by NOFFS	10:30-11:30 am FEP Powered by NOFFS	10:30-11:30 am FEP Powered by NOFFS	10:30-11:30 am FEP Powered by NOFFS	
11:30 am-Noon MRT (Metabolic Resistance Training)	11:30 am-Noon MRT (Metabolic Resistance Training)	11:30 am-Noon Regeneration Powered by NOFFS	11:30 am-Noon MRT (Metabolic Resistance Training)		
		1:00-1:30 pm Jiu-Jitsu (Gracie Survival Tactics) <i>pre-registration required</i>			
1:30-2:30 pm FEP Powered by NOFFS	1:30-2:30 pm FEP Powered by NOFFS	1:30-2:30 pm FEP Powered by NOFFS	1:30-2:30 pm FEP Powered by NOFFS	1:30-2:30 pm FEP Powered by NOFFS	
	3:45-4:30 pm Cardio Martial Arts	3:45-4:30 pm Zumba	3:45-4:30 pm Cardio Martial Arts	4:00-5:00 pm Kettlebell Circuit	
4:00-5:00 pm Jiu-Jitsu (Gracie Survival Tactics) <i>pre-registration required</i>	4:35-5:35 pm Floor Core & More (Group Classroom)		4:35-5:35 pm Floor Core & More (Group Classroom)		

Class schedule information is subject to change without notice or obligations.

June 2019

# Class Descriptions

**Cardio Martial Arts:** This class will put some “kick” into your workouts. It utilizes martial arts movements for an aerobic workout that will bring your cardiovascular fitness to a new height.

**FEP Powered by NOFFS (Navy Operational Fitness and Fueling System):** This FEP approved class emphasizes how to specifically improve PRT scores by improving your cardiovascular fitness, strength endurance and reducing your risk for injury, with proper progression. (Weekly body comp. measurements, weigh-ins, and monthly mock PFAs are done to help track your progress.)

**Jiu-Jitsu (Gracie Survival Tactics):** This class teaches the most effective techniques of Gracie Jiu-Jitsu. If you are interested in maximum effectiveness, learning in the least amount of time, with the least chance of injuries this class is for you. The techniques covered are those which are used most often and with the greatest success by law enforcement personnel.

**Kettlebell & More:** The Kettlebell class is a circuit style class that teaches participants proper technique, increases muscular strength and power. Other pieces of equipment such as battle ropes, dumbbells, medicine balls etc. are utilized to enhance the Kettlebell experience.

**MRT (Metabolic Resistance Training):** No magic here - MRT is just a term covering various combinations of intense, efficient cardiovascular and muscular training. MRT can involve supersets, circuits, speed, and compound movements; it almost always packs a double-punch of aerobic and anaerobic work, breaking down barriers between traditional weight training and cardio. If you're sick of long rest periods and the sleepy treadmill slump, MRT might be for you.

**Pilates Mat Class:** A low impact class designed to strengthen muscles while improving postural alignment and flexibility. Pilates is a full body workout with an emphasis on challenging the core muscles, which span from your hips to your shoulders. It is a great way to sculpt your body and feel increased agility in your everyday movements.

**Regeneration Powered by NOFFS:** Your mind and body require time to recover. Regeneration refers to strategies that help jump start recovery. We work so hard with so little time to recover, that our productivity and gains suffer, and ultimately we break down. Recovery will improve your hormone profile, decrease inflammation, and improve tissue quality, as a result decreasing the number of overuse injuries you may experience. Learn soft tissue care, mobility movements, and breathing techniques to reset your mind and body.

**Zumba!** The music, the energy, the excitement! Zumba is simply irresistible! Ditch the workout and join the dance! It's different, it's easy, it's effective. NO dance experience necessary - feel the music and dance yourself into shape!



## Fletcher Fitness Center

Programs & Events are FREE to all authorized patrons

More info call: 207-438-4261

Operational Hours:

Mon-Fri, 5 AM - 8 PM

Sat & Sun, 8:30 AM - 4:30 PM

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Get More Updates: [www.navy.mwrportsmouthshipyard.com](http://www.navy.mwrportsmouthshipyard.com) | [www.facebook.com/pnsymwr](https://www.facebook.com/pnsymwr)