







NSA HR - PORTSMOUTH | FITNESS

GROUP EXERCISE CLASSES

FREE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
COMMAND PT 6 to 7 a.m. Reservation only	COMMAND PT 6 to 7 a.m. Reservation only	COMMAND PT 6 to 7 a.m. Reservation only	COMMAND PT 6 to 7 a.m. Reservation only	COMMAND PT 6 to 7 a.m. Reservation only
NOFFS AQUATICS *FF 10 to 11 a.m. Riverview Aquatics Center		POWER RIDE 11:15 a.m. to noon		
FITNESS ENHANCEMENT 11:15 a.m. to noon	*FF NOFFS 11:15 a.m. to noon	BARBELL & PLATES 1 to 2 p.m.	*FF NOFFS 11:15 a.m. to noon	FREESTYLE FRIDAY 11:15 a.m. to noon By request only
FITNESS ENHANCEMENT 3 to 4 p.m.		FITNESS ENHANCEMENT 3 to 4 p.m.	For your safety, please do not enter a class if 10 or more minutes have passed after it has begun.	
OPEN TO ALL DOD ID CARD HOLDERS. ALL CLASSES WILL BE HELD AT THE RIVERVIEW FITNESS CENTER BASKETBALL COURT.		*FF = Family Friendly Indicates an all-inclusive class for all skill levels, including children age 10 and older accompanied with a parent or guardian.		No classes will be held on federal holidays.

COMMAND PT

Fitness specialist-led workout for active duty Sailors. Designed to help Sailors stay in shape to meet physical readiness standards and improve PRT scores. Commands may request specific training if desired.

FITNESS ENHANCEMENT

This program is designed to help those enrolled in the Fitness Enhancement Program get active and prepared for their next PFA. Class will involve a 30/30 split of a workout and nutritional guidance, body composition assessments, or other things tailored to the Sailor's needs.

NOFFS: NAVY OPERATIONAL FITNESS AND FUELING SERIES

The NOFFS series provides intense and functional workouts developed by Navy and industry performance enhancement professionals. These workouts are designed with all fitness levels in mind. Also, try NOFFS in the water on Mondays!

POWER RIDE

For beginners to advance riders, this cycling class emphasizes cardio training with a variety of drills, intervals and rhythmic style riding. Be careful, this class can become addictive with its exciting and challenging format.

FREESTYLE FRIDAY

Each week this class' 45-minute workout will be different, depending on the instructors programming. This class may random from cross training workouts, mobility work, cycling, Buti® yoga, and more. Freestyle leaves room for modification and changes to programming to keep patrons always wanting to come back for more. Every class will be designed for all levels of fitness!

BARBELL & PLATES

A challenging barbell workout focusing on compound lifts. Perfect for the beginner lifter and a new take for the intermediate and advanced lifter.



Riverview Fitness Center • 1101 Holcomb Road
Open 7 days a week (except holidays) • Monday - Friday, 5 a.m. to 8 p.m.
Saturday - Sunday, 8 a.m. to 4 p.m. • 757-953-7024



*All classes will follow current Covid-19 precautions for physical distancing and capacity count. All classes will be first-come, first-served, unless otherwise reserved with Fitness Specialist and/or facility coordinator.



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No Navy endorsement implied.