



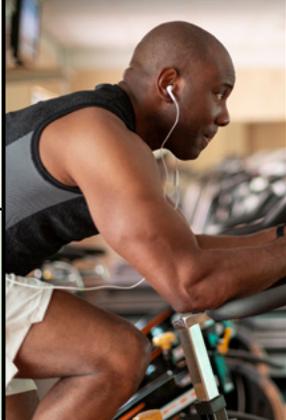
# JEB FORT STORY MWR FITNESS & SPORTS



**FORT STORY  
GYM**

**707 Leyte Road**

# GROUP EXERCISE // SCHEDULE

MONDAY //	TUESDAY //	WEDNESDAY //	THURSDAY //	FRIDAY //
<b>Fleet Feet Run Class/Club</b> 6:30 AM		<b>Fleet Feet Run Class/Club</b> 6:30 AM		<b>Fleet Feet Run Class/Club</b> 6:30 AM
<b>FIT Enhancement*</b> 7 AM		<b>FIT Enhancement*</b> 7 AM		<b>Command PT*</b> 7 AM
<b>Athletes Hour/NOFFS</b> 11:30 AM	<b>Cycle Express</b> 11:45 AM	<b>Athletes Hour/NOFFS</b> 11:30 AM	<b>Cycle Express</b> 11:45 AM	<b>Freestyle FriYAY!*</b> 11:30 AM
<b>Power Flex*</b> 4:30 PM	<b>MOB &amp; Flex*</b> 12:30 PM	<b>Classic Moves*</b> 4:30 PM	<b>MOB &amp; Flex*</b> 12:30 PM	
<b>Yoga</b> 5:30 PM		<b>Buti Yoga™</b> 5:30 PM		

**\*Preregistration required.**

**CALL OR VISIT  
FORT STORY GYM TO SIGN UP.**

**757-422-7975**



**NavyLifeJEB.com**



JEBFS-MWR-2505-514MD

No Navy endorsement implied.

# GROUP EXERCISE

## // CLASS DESCRIPTIONS

**GROUP EXERCISE CLASSES** are FREE and open to all patrons. Classes are subject to change according to attendance. All participants are encouraged to work out at appropriate levels and consult their fitness instructors for maximum benefit. Wear comfortable, breathable clothing and appropriate shoes. Food is allowed only in designated areas.

### COMMAND PT //

Fitness specialist-led workout geared toward all active duty. Designed to help service members stay in shape to meet physical readiness standards and improve scores. Commands/units may request specific training if desired. All DoD cardholders are welcome to join.

### FIT ENHANCEMENT //

Designed to help those who need to enhance their fitness, get active and prepared for physical readiness goals. Class will involve a split of a workout and nutritional guidance, body composition assessments, or other things tailored to the service member's needs.

### BUTI YOGA™ //

Buti is a music-driven movement methodology that incorporates dynamic yoga asana with cardio bursts and primal movements. Let's get weird!

### CLASSIC MOVES //

Love a good throwback fitness class that is super fun and high energy? This class rotates between kickboxing, step and floor aerobics to get you moving! All fitness levels are welcome.

### ATHLETES HOUR/NOFFS //

The NOFFS series provides intense and functional workouts developed by military and industry performance enhancement professionals. These workouts are designed with all fitness levels in mind.

### FREESTYLE FRIYAY! //

This class will be different each week depending on the instructor's programming. This class may range from cross training workouts, mobility work, Pound®, HIIT, Balance and Agility, cardio kickboxing, and more. Every class will be designed for all levels of fitness.

### CYCLE EXPRESS //

Heart pumping, non-stop rhythm-base workout, with a little bit of something for everyone! Intervals, rolling hills, sprints, climbs, runs, surges and jumps all to music handpicked to motivate and inspire!

### MOB & FLEX (MOBILITY & FLEXIBILITY) //

Our flexibility and mobility classes are designed to lengthen and strengthen muscles, release tension, and promote joint mobility and stability.

**All classes will be first-come, first-served, unless otherwise reserved with a fitness specialist and/or facility coordinator.**



### POWER FLEX //

Using light to moderate weights with lots of repetition, this workout hits every muscle. You will be coached through the moves and techniques, pumping out encouragement, motivation and great music to help you achieve much more than on your own.

### FLEET FEET RUN CLUB/CLASS //

This class/club aims to improve running economy by introducing some intention into your running routine with more structured workouts. The group will be three times a week and work on various running related workouts. All levels of runners are welcome and the runs will progress with improvement of the group.

**Fitness Center Orientation and Youth Orientation are available upon request please call the fitness center to schedule your appointment.**

