



ONGOING GROUP EXERCISE SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<ul style="list-style-type: none"> ▶ COMMAND POWER HOUR W/WHITNEY (by appointment only) N-24 Gymnasium - 8 a.m. <hr/> <ul style="list-style-type: none"> ▶ PRENATAL/POSTPARTUM FITNESS N-24 Gymnasium - 10 a.m. ▶ *PERFORMANCE FITNESS SERIES LEVEL 1 N-24 Gymnasium - 11 a.m. ▶ 20/20/20 Q-80 Gymnasium - 11 a.m. ▶ WALKING CLUB N-24 Gymnasium - Noon ▶ *PERFORMANCE FITNESS SERIES LEVEL 2 N-24 Gymnasium - Noon ▶ 45-MINUTE EXPRESS YOGA Q-80 Gymnasium - Noon <hr/> <ul style="list-style-type: none"> ▶ COMMAND POWER HOUR W/ TIFFANY Q-80 Gymnasium - 2:30 p.m. ▶ DAILY GRIND Q-80 Gymnasium - 4 p.m. ▶ YOGA Q-80 Gymnasium - 6:15 p.m. 	<ul style="list-style-type: none"> ▶ KETTLEBELL CLUB CEP-58 Gymnasium - 6 a.m. ▶ COMMAND POWER HOUR W/ TIFFANY (by appointment only) Q-80 Gymnasium - 7 a.m. ▶ PRENATAL/POSTPARTUM FITNESS CEP-58 Gymnasium - 9:30 a.m. <hr/> <ul style="list-style-type: none"> ▶ YOGA CEP-58 Gymnasium - 10:45 a.m. ▶ *PERFORMANCE FITNESS SERIES LEVEL 1 N-24 Gymnasium - 11 a.m. ▶ INTRO TO WEIGHTLIFTING Q-80 Gymnasium - 11 a.m. ▶ "ALL-A-BATA" ABS CEP-58 Gymnasium - Noon (30 minutes) ▶ *PERFORMANCE FITNESS SERIES LEVEL 2 N-24 Gymnasium - Noon <hr/> <ul style="list-style-type: none"> ▶ REAL RYDER CYCLING N-24 Gymnasium - 2 p.m. ▶ COMMAND PT W/ TIFFANY (by appointment only) Q-80 Gymnasium - 2 p.m. ▶ YOGA Q-80 Gymnasium - 4:15 p.m. 	<ul style="list-style-type: none"> ▶ COMMAND POWER HOUR W/WHITNEY (by appointment only) N-24 Gymnasium - 8 a.m. ▶ PRENATAL/POSTPARTUM FITNESS N-24 Gymnasium - 10 a.m. ▶ *PERFORMANCE FITNESS SERIES LEVEL 1 N-24 Gymnasium - 11 a.m. ▶ HIIT Q-80 Gymnasium - 11 a.m. ▶ WALKING CLUB N-24 Gymnasium - Noon ▶ *PERFORMANCE FITNESS SERIES LEVEL 2 N-24 Gymnasium - Noon ▶ 45-MINUTE EXPRESS YOGA Q-80 Gymnasium - Noon <hr/> <ul style="list-style-type: none"> ▶ COMMAND POWER HOUR W/ TIFFANY Q-80 Gymnasium - 2:30 p.m. ▶ DAILY GRIND Q-80 Gymnasium - 4 p.m. ▶ YOGA Q-80 Gymnasium - 6:15 p.m. 	<ul style="list-style-type: none"> ▶ KETTLEBELL CLUB CEP-58 Gymnasium - 6 a.m. ▶ COMMAND POWER HOUR W/ TIFFANY (by appointment only) Q-80 Gymnasium - 7 a.m. ▶ PRENATAL/POSTPARTUM FITNESS CEP-58 Gymnasium - 9:30 a.m. <hr/> <ul style="list-style-type: none"> ▶ THE DAILY GRIND CEP-58 Gymnasium - 10:30 a.m. ▶ *PERFORMANCE FITNESS SERIES LEVEL 1 N-24 Gymnasium - 11 a.m. ▶ PILOXING/TURBO KICK (alternating weeks) Q-80 Gymnasium - 11 a.m. ▶ "ALL-A-BATA" ABS CEP-58 Gymnasium - Noon (30 Minutes) ▶ *PERFORMANCE FITNESS SERIES LEVEL 2 N-24 Gymnasium - Noon <hr/> <ul style="list-style-type: none"> ▶ REAL RYDER CYCLING N-24 Gymnasium - 2 p.m. ▶ COMMAND PT W/ TIFFANY (by appointment only) Q-80 Gymnasium - 2 p.m. ▶ YOGA Q-80 Gymnasium - 4:15 p.m. 	<ul style="list-style-type: none"> ▶ EARLY BIRD YOGA CEP-58 Gymnasium - 6 a.m. ▶ PIYO Q-80 Gymnasium - 7 a.m. ▶ COMMAND POWER HOUR W/ WHITNEY (by appointment only) N-24 Gymnasium - 8 a.m. <hr/> <ul style="list-style-type: none"> ▶ PRENATAL/POSTPARTUM AQUATIC FITNESS Q-80 Pool - 10 a.m. ▶ *PERFORMANCE FITNESS SERIES - LEVEL 1 N-24 Gymnasium - 11 a.m. ▶ WALKING CLUB N-24 Gymnasium - Noon ▶ *PERFORMANCE FITNESS SERIES LEVEL 2 N-24 Gymnasium - Noon

* See special requirements in class descriptions on back. →



UPCOMING 2017 COURSES

MISSION NUTRITION:

TIME 7 A.M. TO 3:30 P.M.
DATES: THURSDAY, JANUARY 19 | CEP-58
TUESDAY, MARCH 7 | CEP-58
TUESDAY, MAY 9 | CEP-58
THURSDAY, JULY 6 | CEP-58
THURSDAY, SEPTEMBER 5 | CEP-58

NAVY OPERATIONAL FITNESS & FUELING SYSTEM (NOFFS):

TIME 7 A.M. TO 3:30 P.M.
DATES: THURSDAY, DECEMBER 15, 2016 | N-24
TUESDAY, FEBRUARY 7 | N-24
TUESDAY, APRIL 11 | Q-80
THURSDAY, JUNE 8 | Q-80
TUESDAY, AUGUST 8 | Q-80

COMMAND FITNESS LEADER TRAINING:

LOCATION: N-24 GYMNASIUM
TIME 7 A.M. TO 4:30 P.M.
DATES: DECEMBER 5 - 9, 2016
APRIL 24 - 28
JUNE 19 - 23
SEPTEMBER 11 - 15

FITNESS CENTERS

NSN GYMNASIUM N-24
1570 GILBERT STREET
(757) 444-0829
HOURS OF OPERATION:
Monday to Friday, 5 a.m. to 8 p.m.
Weekends, 9 a.m. to 1 p.m.

MCCORMICK SPORTS CENTER
CEP-58
B AVENUE (JUST INSIDE GATE 5)
(757) 445-4691
HOURS OF OPERATION:
Monday to Friday, 5 a.m. to 8 p.m.
Weekends, closed
Holidays, closed

WATERFRONT ATHLETIC COMPLEX Q-80
1910 DECATUR AVENUE
(757) 444-1267
HOURS OF OPERATION:
Monday to Friday, 5 a.m. to 9 p.m.
Weekends, 1 to 6 p.m.
Holidays, noon to 7 p.m.

AQUATIC FACILITIES

FLEET RECREATION PARK
INDOOR POOL, FRP-12
(757) 444-2134
- Closed for Renovations -

FLEET RECREATION PARK
OUTDOOR POOL, FRP-2
(757) 444-1288
HOURS OF OPERATION:
Will reopen Memorial Day Weekend, 2017

WATERFRONT ATHLETIC COMPLEX
INDOOR POOL, Q-80
PHONE: (757) 444-1288
HOURS OF OPERATION:
Monday to Friday, 5 a.m. to 8 p.m.
Weekends, 1 to 5:30 p.m.
Holidays, Noon to 6:30 p.m.
NOTE: Weekdays are lap swim only until 2 p.m., open swim available after 2 p.m. Weekends are open swim and lap swim.

CALL 444-3586 OR 445-1519 FOR ADDITIONAL INFORMATION ON GROUP EXERCISE SCHEDULE AND CLASSES.

CLASS DESCRIPTIONS

"ALL-A-BATA" ABS - Treat your abs to a challenge! Endure super sets of core exercises in the 20/10 Tabata format all within your lunch hour. This class will have you wanting to come back, not once, but twice each week from noon to 12:30 p.m.

COMMAND POWER HOUR - This class is by appointment only and for any command in need of fresh ideas for command workouts. Designed for increasing cardiovascular and muscular endurance, as well as strength and power, these training sessions allow command leaders the opportunity to provide optimal assistance to members of their command in obtaining both short- and long-term fitness goals.

THE DAILY GRIND - This class offers a combination of exercise modes to include HIIT, AMRAP (As Many Rounds As Possible) Circuit Training, Cardio and Strength.

EARLY BIRD YOGA - This multi-level yoga class includes vinyasa flow, balance poses, and seated postures and stretches. You don't have to bend like a pretzel for this class! De-stress and rejuvenate your body by improving strength and flexibility.

EXPRESS LUNCHTIME YOGA - Love yoga, but want to want to get your workout in earlier? By attending this effective 45-minute class, you can now do so during your lunch hour. Down dog and Triangle pose your way back to work feeling energized and stress free!

FLEX FIT - This is a total body high-rep strength training program designed to reduce body fat, while toning lean muscle.

HIGH INTENSITY INTERVAL TRAINING (HIIT) - Physically challenge yourself to intense interval training for maximum cardio burn. Anything goes!

INTRO TO WEIGHT LIFTING - Come learn the fundamental techniques while training the athletic disciplines of Olympic and power lifting events. Snatch, clean and jerk, power clean, deadlift, and many other variations are taught to develop strength, speed and power.

KETTLEBELL CLUB - An intense 45-minute workout using the famous Kettlebell!!!! Push, Pull, Swing, Get-Up, Get Down — see how this versatile weight can be used to build strength and endurance!

***PERFORMANCE FITNESS SERIES (P.F.S.)** - Reach your ultimate fitness goals with P.F.S. Performance Fitness Series is a training series created to improve overall fitness and performance through functional movements and athletic skill training; both Level 1 and Level 2 classes are designed to accommodate participants possessing beginner/intermediate and basic weight training experience respectively. With baseline workouts and performance tracking, you can measure your progress throughout the training.

PILOXING - A high-intensity cardio-fusion program that uniquely blends power, speed, and agility of boxing to build lean muscle, increase stamina, and burn fat. You will leave drenched and empowered!

PIYO - This low-impact, stretch-oriented workout is for participants whose goal is more than to simply gain flexibility, but to burn calories and define muscle. This unique combination of pilates and yoga is easy on the joints, yet delivers strength, balance, agility, and flexibility in one muscle-sculpting, core-firming workout.

PRENATAL AND POSTPARTUM FITNESS - Experience a fun and challenging workout for mommy and baby while learning to exercise safely. Prenatal workouts include light strength training, flexibility training as well as cardiovascular conditioning. Once that special delivery has arrived and mom is cleared for activity, return to receive a gradually progressive workout that is designed to transition you into more intensified routines. Postpartum fitness is aimed at assisting all moms in a healthy and expeditious recovery. Active duty moms are encouraged to participate in this program to better prepare for that post-pregnancy Physical Readiness Assessment (PFA) so that passing scores will be more attainable.

PRENATAL AND POSTPARTUM AQUATIC FITNESS - Splash your way to optimal conditioning pre- and post-delivery! Designed to increase the fitness levels of NAVSTA Norfolk's new moms and moms-to-be, this low-impact exercise program is sure to provide the total body workout needed to maintain the wellbeing and fitness levels of all participating moms during and after pregnancy.

REAL RYDER CYCLING CLASS - Not just your typical cycling class, but the ultimate riding experience! This 30-minute HIIT style session on the Real Ryder indoor cycles is an epic total body workout. This un-stationary indoor cycle allows riders to experience a 3-D movement pattern that involves a side-to-side motion that continuously engages core and upper body muscles. Unleash the beast with a new and innovative cardio routine.

TURBO KICK - Get into knockout shape with this combination of traditional kickboxing moves and high-intensity interval training (HIIT) for an absolute calorie TKO.

WALKING CLUB - "Get in step with fitness"! Join the NAVSTA Fit team in a low to moderate tempo conditioning class to jump start your exercise routine. Regardless of your level of fitness, the Walking Club will assist in boosting your cardiovascular endurance as well as your strength conditioning levels. This one-hour, trainer-lead class is geared towards preparing participants to endure a 5K walk towards an improved fitness and wellness lifestyle.

YOGA - Need to relieve yourself of everyday stress and anxiety or do you simply desire to gain better flexibility and strength? Come relax in a tranquil environment and achieve it all at the same time. Just about everyone can do it too - it's not just for people who can touch their toes or like to meditate. Be flexible and explore the many health benefits that yoga can bring to your fitness routine.