


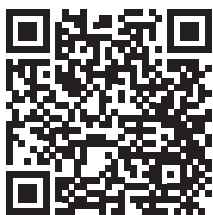
FITNESS

GROUP EXERCISE CLASS SCHEDULE

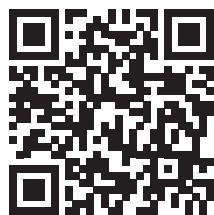
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Command PT (by appointment only) 6:30 to 7:30 a.m.	Command PT (by appointment only) 8 to 9 a.m.	Yoga 11 a.m. to noon	Command PT (by appointment only) 9 to 10 a.m.
Family Fitness 9 to 10 a.m.	NOFFS 9 to 10 a.m.	NOFFS 9 to 10 a.m.		
Mobility & Stretch (family room) Noon to 12:30 p.m.		Command PT (by appointment only) 1 to 2 p.m.		
	HIIT 4:30 to 5:30 p.m.			

VISIT US ONLINE FOR
MORE INFORMATION.

NAVY LIFE WEBSITE:
FITNESS CLASS



INSTAGRAM:
@NSAHRFITSUPPORT



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.

COMMAND PT — Geared toward our active duty military. We like to keep the workouts fresh and fun, incorporating circuit training, aerobics and muscular endurance activities to get our war fighters using different muscle groups and learning new techniques. Incorporates a variety of safe workouts keep participants interested and improving their fitness. We breed a culture of fitness from a holistic approach that follows CNIC Navy Fitness Guidelines.

FAMILY FITNESS — Full body circuit workout using dumbbells and cardio machines. Located in the family fitness section of the gym. Kids are welcomed to play while parents take this class.

HIIT (HIGH INTENSITY INTERVAL TRAINING) — A fun yet challenging hour-long workout focused on increasing muscle strength and endurance while learning proper form and technique through powerful movements using weights and metabolic conditioning exercises at intervals.

MOBILITY & STRETCH — The goal of this class is to improve your range of motion, helping to prevent injury and increase efficiency in your runs and lifts.

NOFFS — Navy Operational Fitness and Fueling Series helps improve the operational performance of Sailors. The NOFFS series provides intense and functional workouts developed by Navy and industry performance enhancement professionals. These workouts provide all the components to a safe and effective exercise program.

YOGA — We focus on breath control & muscle resistance, as we flow through poses, and balance.



NavyLifeNW.com

HRNW-MWR-2304-453 TL

@navymwrnsahamptonroads
NSAMWR

No Navy endorsement implied.