

NSA HAMPTON ROADS - HEADQUARTERS

GROUP EXERCISE CLASSES

NH-30 FITNESS CENTER

Monday - Thursday: 4:30 a.m. to 7 p.m. / Friday: 4:30 a.m. to 6 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 to 8 a.m. H.I.I.T.	7 to 8 a.m. CARDIO/CORE	7 to 8 a.m. TOTAL BODY FITNESS	7 to 8 a.m. BOSU-STEP	7 to 8 a.m. TOTAL BODY FITNESS
11:30 a.m. to 12:30 p.m. CARDIO/CORE	11:30 a.m. to 12:30 p.m. REALRYDER CYCLING	11:30 a.m. to 12:30 p.m. H.I.I.T.	11:30 a.m. to 12:30 p.m. REALRYDER CYCLING	11:30 a.m. to 12:30 p.m. REGENERATION
4:45 to 5:45 p.m. ZUMBA	4:45 to 5:45 p.m. NOFFS	4:45 to 5:45 p.m. ZUMBA	4:45 to 5:45 p.m. NOFFS	4 to 5 p.m. ADULT/YOUTH BASIC FITNESS ORIENTATION*

SC-400 MARIANAS FITNESS CENTER

Monday - Thursday: 5 a.m. to 7:30 p.m. / Friday: 5 a.m. to 6 p.m. /
Saturday & Sunday: 8 a.m. to 4 p.m.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 to 6:45 a.m. FIT MIX	6 to 6:45 a.m. SUNRISE CYCLE	6 to 6:45 a.m. FIT MIX	6 to 6:45 a.m. SUNRISE CYCLE	6 to 6:45 a.m. IRON HUSTLE
8 to 8:45 a.m. PRENATAL POSTPARTUM FITNESS		8 to 8:45 a.m. PRENATAL POSTPARTUM FITNESS		8 to 8:45 a.m. PRENATAL POSTPARTUM FITNESS
	11:30 a.m. to 12:30 p.m. BIG TUESDAY		11:30 a.m. to 12:30 p.m. WOD IT UP	11:30 a.m. to 12:30 p.m. ADULT/YOUTH BASIC FITNESS ORIENTATION*

*Basic Fitness Orientation is by appointment only.

Services offered by Fitness Specialists:

- Fitness Assessments
- Fitness Program Design

For your safety, please do not enter
a class if 10 or more minutes have
passed after it has begun.

SC-400: 757-443-6110 / NH-30: 757-836-1812

GROUP EXERCISE CLASS DESCRIPTIONS

ADULT/YOUTH BASIC FITNESS ORIENTATION

In need of a little help getting started? Is it your first time using our facility? We've all been there! Join us for this orientation designed to enhance your fitness center experience by providing an overview of our equipment and how to use it. Please call to sign up for this class as participation is limited.

BIG TUESDAY

This high-intensity, circuit-type class is based on functional movements that will help increase your strength, endurance and speed. Every class is different, using a variety of exercises and equipment, so you will never be bored. You will be training to your top level of performance and burning calories even after you leave!

BOSU-STEP

Improve your cardio, strength and balance with this upbeat BOSU-Step class. BOSU® Ball allows you to train for multiple components of fitness, including balance, stability, strengthening the core and more, then we added easy-to-follow step choreography on and around the classic step platform providing a great full-body workout!

CARDIO/CORE

This is a combination class involving principles of our Hardcore class and traditional cardiovascular endurance training.

FIT MIX

This class is based on the principles of core strength and stabilization. TRX, BOSU balls, ropes, medicine balls and resistance bands are just a few of the equipment choices to strengthen, tone and condition your body.

H.I.I.T. (HIGH INTENSITY INTERVAL TRAINING)

This is a non-stop, powerhouse workout in which moderate intensity intervals are alternated with high-intensity intervals. Guaranteed to burn calories and get your heart pumping.

IRON HUSTLE

This class will be based around fundamental weightlifting movements. The "Iron" signifies that no weighted equipment is off limits. We will incorporate many

ways to pump some iron. To be great, you need to hustle! Along with lifting that iron, you'll be tested aerobically as well as anaerobically.

NOFFS

The Navy Operational Fitness and Fueling System (NOFFS) provides the Navy with "best in class" physical fitness. Using a variety of the series offerings, this class will progressively build a user's total work capacity and improve cardiovascular fitness, muscular strength and endurance. All fitness levels are encouraged to join in.

PRENATAL/POSTPARTUM FITNESS

This class is a fun and challenging workout for pregnant/postpartum mothers while learning to exercise safely. You will experience light strength training, cardiovascular conditioning and flexibility training. Once you are cleared for physical activity, return for our postpartum fitness class designed to assist you in a healthy and expeditious recovery, which will prepare you for your next Physical Fitness Assessment (PFA).

REALRYDER CYCLING

This group indoor cycling experience will have you racing through flats, hills, sprints and jumps. Appropriate for all levels of fitness.

REGENERATION

This class is designed to help facilitate the recovery process. The class includes dynamic stretching through full range of motion and assisted self-administered soft tissue and joint mobilizations.

SUNRISE CYCLE

Wake up, show up and get your day started in the best way ever — CYCLING! Get motivated as you jog, sprint, climb and jump your way through an exhilarating ride. Leave ready to drop kick the day!

WOD IT UP

This class will range from traditional WODs (Workout of the Day), Hero WODs, or WODs created by the instructor. These workouts will continually challenge and change your body. There will be no shortage of imagination here.