



**FREE**



# JEB LITTLE CREEK GROUP EXERCISE CLASSES

## ROCKWELL HALL

### MONDAY

- 6 a.m. 30-Minute Spin Cycle
- 9:30 a.m. Mature Audience (FF)
- 11 a.m. Power Conditioning
- 5 p.m. Power Conditioning

### TUESDAY

- 7:30 a.m. PRT Prep
- 11 a.m. Spin
- 5 p.m. Step/Kickboxing/Strength
- 5 p.m. Zumba (FF)
- 6 p.m. Yoga

### WEDNESDAY

- 6 a.m. 30-Minute Spin Cycle
- 9 a.m. Stroller Stamina & Strength
- 11 a.m. Zumba (FF)
- 11 a.m. Multi-Level Yoga (FF)
- 5 p.m. Power Conditioning

### THURSDAY

- 7:30 a.m. PRT Prep
- 11 a.m. Kickboxing/Strength
- 11 a.m. TRX Circuit
- 5 p.m. Spin Cycle/Strength (FF)
- 5 p.m. Zumba

### FRIDAY

- 11 a.m. High Interval
- 4:30 p.m. Total Body Strength

### SATURDAY

- 8:30 a.m. Spin Cycle/Strength (FF)
- 9:30 a.m. Yoga
- 10:30 a.m. Zumba (FF)

**Group exercise classes  
are free and open to  
authorized patrons.**

*FF = Family Friendly Class*

*Monday through Thursday evening classes are 45 minutes long. No classes will be held on federal holidays. Classes are subject to change according to attendance.*

*All participants are encouraged to work at appropriate levels and consult their fitness instructors for maximum benefit. Wear comfortable, breathable clothing and appropriate shoes. **Please note:** Food is allowed only in designated areas.*

## CLASS DESCRIPTIONS

**HIGH INTERVAL:** A fast-paced class that may include short bursts of cardio, followed by strength exercises. All levels are welcome.

**MATURE AUDIENCES:** A low impact workout for our older crowd, or beginners, that will make you sweat. (FF)

**MULTI-LEVEL YOGA:** Come enjoy this multidimensional yoga class. Whether you are new to yoga or an experienced practitioner, everyone will benefit. Blending the physical yoga poses with conscious breath work will help you gain flexibility, strength and inner peace. (FF)

**POWER CONDITIONING:** An exciting strength training class with great music designed to focus on total body strength, having fun and improving cardio conditioning and total strength for all fitness levels. This class incorporates rowing, sprinting, jumping, rope climbing, tire flipping, Olympic lifting, weightlifting, kettlebells, barbells, dumbbells, gymnastic rings, pull-up bars, TRX and medicine balls. Universal scalability makes this class the perfect application for any committed individual, regardless of experience.

**PRT PREP:** A class designed to help you excel on your PRT test. Nutritional guidance will be provided before you start. Get ahead of the game!

**STROLLER STAMINA AND STRENGTH:** This class is geared toward patrons with children stroller age or younger and pre- and postpartum mothers. The workout will include an assortment of exercises in a variety of mediums, focusing on cardiovascular stamina, muscular endurance and strength.

**SPIN CYCLE:** A fast-paced workout that will leave you wanting to come back for more. We use state-of-the-art spinning bikes. Geared for all fitness levels. (FF)

**TOTAL BODY STRENGTH:** Workout that targets the full body with movements that are designed to keep up with tempo of music, helping you achieve a fantastic exercise session.

**TRX CIRCUIT:** A challenging class designed to help you move better. It incorporates different foundational movements such as plank, pull, hinge, push, rotation, squat, and lunge. This class is tailored to all fitness levels. Come and earn your progression!

**YOGA:** Class is designed to incorporate various pose sequences, breathing, deep relaxation and mindfulness techniques to increase your flexibility, balance and endurance as well as strengthen your mind-body connection. Gentle, yet powerful, yoga practice for beginners as well as seasoned practitioners.

**ZUMBA:** An exciting class full of Latin and exotic music, mixing body sculpting movements and easy-to-follow dance steps. No dance experience is necessary. (FF)



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No Navy endorsement implied.