

NAS WHITING FIELD Fitness Schedule

MONDAY	9:00 – 9:50 Water Fitness Swim Pool 11:30 – 12:15 Strength Fusion ... Group “X” Room 4:00 – 4:45 Circuits Basketball Court
TUESDAY	10:00 – 10:50 Stroller Fitness Atrium 4:00 – 4:45 Chaos Spin Group “X” Room
WEDNESDAY	9:00 – 9:50 Water Fitness Swim Pool 4:00 – 4:45 Sunset Yoga Group “X” Room
THURSDAY	11:30 – 12:15 Yoga Group “X” Room 4:00 – 4:45 Water Fitness Swim Pool
FRIDAY	10:00 – 10:50 Stroller Fitness Basketball Court 12:15 – 1:00 Chaos Spin Group “X” Room



**Aquatics and
Fitness Center**
850-623-7412



www.navymwrwhitingfield.com