

# Fitness Schedule

\*Please arrive 5-10 minutes early for class

<b>Monday</b>	6:00am – 9:00am 10:00am – 10:45am 11:30am – 12:15pm 4:00pm – 4:45pm 4:15pm – 5:00pm	Command Group PT ~~~ Basketball Court Water Fitness ~~~~~ Swim Pool Strength Fusion ~~~~~ Group "X" ESD ~~~~~ Basketball Court Water Fitness ~~~~~ Swim Pool
<b>Tuesday</b>	6:00am – 9:00am 10:00am – 10:50am 12:00pm – 12:45pm 4:30pm – 5:00pm	Command Group PT ~~~ Basketball Court Stroller Fit ~~~~~ Basketball Court Chaos Spin ~~~~~ Group "X" Room Hardcore Abs ~~~~~ Group "X" Room
<b>Wednesday</b>	6:00am – 9:00am 10:00am – 10:45am 11:30am – 12:15pm 4:15pm – 5:00pm 5:00pm – 6:00pm	Command Group PT ~~~ Basketball Court Water Fitness ~~~~~ Swim Pool NOFFS Regeneration ~~~~~ Group "X" Water Fitness ~~~~~ Swim Pool Power House ~~~~~ Weight Room
<b>Thursday</b>	9:00am – 10:00am 12:00pm – 12:45pm 4:00pm – 4:45pm	Running Club ~~~~~ Fitness Center Sport Conditioning ~~~ Basketball Court Mind and Body ~~~~~ Group "X" Room
<b>Friday</b>	10:00am – 10:45am 10:00am – 10:50am 12:00pm – 12:45pm 4:15pm – 5:00pm	Water Fitness ~~~~~ Swim Pool Stroller Fit ~~~~~ Basketball Court Chaos Spin ~~~~~ Group "X" Room Water Fitness ~~~~~ Swim Pool

**Chaos Spin:** This 45 minute class consists of various intervals on the bike with upper body and core training on the floor. Great class for beginner spinners or those who prefer a shorter ride. Please arrive early for proper bike set up.

**Command Group PT:** Civilians are also welcome to participate in this class specifically designed for our service members to enhance their physical and mental well-being while preparing them for their PRT. Powered by EXOS. Command PT unit group classes must be scheduled with our Fitness Specialist.

**Energy Systems Development (ESD):** Following the NOFFS program, this class will incorporate body weight exercises with some equipment to increase muscular endurance while getting your heart rate up.

**Hardcore Abs:** Get beach body ready with this 30 minute class to blast your abs. This class covers core workout while really targeting your abdominals. Perfect for all levels and abilities!

**Mind and Body:** This class focuses on breath control and gentle dynamic stretching techniques that will de-stress and invigorate both mind and body.

**NOFFS Regeneration:** Enjoy foam rolling, mobility, and activation modalities to aid in recuperation of sore muscles.

**Power House:** A 1 hour class to learn how to use correct technique for a variety of free weight movements including: bench press, deadlift, squats, and overhead press. All skill levels welcome!

**Sport Conditioning:** This class is targeted at improving performance and encompasses all fitness aspects. This class will utilize various types of equipment and is high in intensity.

**Strength Fusion:** Intense core focused 'mat class' which blends Pilates, Sports Conditioning, and Yoga.

**Stroller Fitness:** Full body workout for mom/dad and fun for baby and kiddos too! (Children may stay in stroller or in a designated area).

**Water Fitness:** Use the natural resistance and buoyancy of water to provide a variety of conditioning activities.



**~ Fitness Specialists Available ~**  
**NAS Whiting Field Fitness Center**  
**850-623-7412**

**Hours of Operation**  
**Mon-Fri: 0430-2100**  
**Sat & Sun: 0800-1600**  
**Holiday: 0800-1600**