

AUGUST 2026

GROUP EXERCISE CLASS SCHEDULE

Classes open to MWR patrons 18+ years of age

Monday

0800 - Power Hour (Joey)

1000 - Cycle (Lysther)

1515 - Total Tone (Sammie)

Tuesday

0930 - Mobility & Core (Joey)

1015 - Legendary Legs (Joey)

1600 - Hatha Flow Yoga (Lori)

Wednesday

1000 - Gentle Yoga (Lori)

1400 - Chaos Cycle (Joey)

Thursday

0830 - Aqua Yoga (Lori)

1000 - Station Mayhem (Joey)

1115 - Cycle (Lysther)

Friday

1000 - Vinyasa Flow Yoga (Lori)

Saturday

0700 - Run Club

(Aug 8th & 22th)

Indoor Volleyball!

Join us at the Fitness Center on Thursday nights starting at 5pm for
Indoor Volleyball open court play!

Questions? Contact the Fitness Center at 850-623-7412.



Follow Us:   @WFMWR
www.NavyMWRWhitingField.com
Fitness Center: 850.623.7412

GROUP EXERCISE CLASS DESCRIPTIONS

Cycle (45 min - Group Fitness Room): Music-driven ride with hills, sprints, and intervals to build power, cadence, and cardio.

Chaos Cycle (45 min - Group Fitness Room): Hybrid ride combining high-intensity cycling and strength circuits for total-body conditioning.

Legendary Legs (45 - 60 min - Group Fitness Room): You cannot spell **LEGENDARY** without **LEG DAY!** Join us for a 60-minute lower body circuit!

Station Mayhem (45 - 60 min - Group Fitness Room): Fast-paced HIIT class rotating through upper-body focused stations with minimal rest.

Power Hour (45 - 60 min - Group Fitness Room): Low-impact, high-intensity strength training emphasizing functional movement and proper form.

Mobility & Core (30 - 45 min - Group Fitness Room): Mobility and core work to improve movement, support the spine, and reduce back discomfort.

Total Tone (45 - 60 min - Group Fitness Room): Full-body mat workout combining core strength, controlled movement, and balance for lean muscle and total stability

Gentle Yoga (45 min - Group Fitness Room): Relax, reset, and reconnect through gentle movement. All levels welcome.

Vinyasa / Hatha Flow Yoga (60 min - Group Fitness Room): Breath-guided yoga flow blending movement, strength, mobility, and mindful relaxation.

Aqua Yoga (45 - 60 min - Meets at Pool): Gentle, water-based yoga to improve mobility, relax the body, and leave you refreshed.



Follow Us:   @WFMWR
www.NavyMWRWhitingField.com
Fitness Center: 850.623.7412