MARCH 2026
GROUP EXERCISE CLASS SCHEDULE

Classes open to MWR patrons 18+ years of age

Monday	Tuesday
0645 - Power Hour (Joey) 1000 - Cycle (Lysther) 1630 - Total Tone (Alexis)	0930 - Mobility & Core 1015 - Legendary Legs (Joey) 1600 - Hatha Flow Yoga (Lori)
Wednesday	**Thursday**
0800 - Power Hour (Joey) 1130 - Zumba (Alexis)	0830 - Chair Yoga (Lori) 1000 - Station Mayhem (Joey) 1115 - Cycle (Lysther)
Friday	**Saturday**
1000 - Vinyasa Flow Yoga (Lori) 1130 - Chaos Cycle (Joey)	0800 - Run Club (March 7th & 21st)

NEW CLASS!

Stronger Core. Healthier Back. Move Better.

A mobility and core-focused class designed to improve flexibility, strengthen deep stabilizing muscles, and provide better back support for pain-free movement and everyday performance.

MWR MORALE, WELFARE AND RECREATION FITNESS

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

GROUP EXERCISE CLASS DESCRIPTIONS

Cycle (45 min - Group Fitness Room): Music-driven indoor ride featuring hills, sprints, and endurance intervals to build power, cadence, and cardiovascular strength.

Zumba (45 min - Group Fitness Room): High-energy dance workout blending rhythm with interval training to boost cardio and burn calories—no experience needed.

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): Targeted mobility drills and core-strength exercises designed to improve movement quality, 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

Chair Yoga (45 min - Group Fitness Room): Low-impact yoga using a chair to improve balance, flexibility, and joint mobility.

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

MWR
MORALE, WELFARE AND RECREATION
FITNESS

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