

SEPTEMBER - 2025

GROUP EXERCISE CLASS SCHEDULE

Classes open to MWR patrons 18+ years of age

Monday

0645 - Power Hour (Joey)

1000 - Cycle (Lysther)

Tuesday

0800 - Aqua HIIT (Rachel)

1000 - Legendary Legs (Joey)

1600 - Hatha Flow Yoga (Lori)

1800 - Cycle (Lysther)

Wednesday

0800 - Power Hour (Joey)

1130 - Zumba (Alexis)

Thursday

0830 - Aqua Yoga (Lori)

1000 - Station Mayhem (Joey)

1115 - Cycle (Lysther)

Friday

1000 - Vinyasa Flow Yoga (Lori)

1130 - Chaos Cycle (Joey)

Saturday

0700 - Run Club
(Sept 6th & 20th)

September Events!

Late Night Indoor Cycle on Tuesday nights!

Flag Football every Wednesday at the Sports Complex

Doubles Pickleball on September 19th: Join us for a thrilling

Doubles Pickleball Tournament at the Fitness Center



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

