

# MARCH 2025

## GROUP EXERCISE CLASS SCHEDULE

Classes open to MWR patrons 18+ years of age

<b><i>Monday</i></b> 0800 - Pilates (Meghan) 1000 - Cycle (Lysther)	<b><i>Tuesday</i></b> 1000 - Legendary Legs (Joey) 1600 - Hatha Flow Yoga (Lori)
<b><i>Wednesday</i></b> 0800 - Power Hour (Joey) 0945 - Zumba (Alexis)	<b><i>Thursday</i></b> 0830 - Chair Yoga (Lori) 1000 - Hollywood HIIT (Joey) 1115 - Cycle (Lysther)
<b><i>Friday</i></b> 1000 - Vinyasa Flow Yoga (Lori) 1130 - Chaos Cycle (Joey)	<b><i>Saturday</i></b> 0800 - Run Club (March 8th & 22nd)

### BELLS AND BANDS CIRCUIT

join us in the Group Exercise Room on Monday the 17th,  
at 1130, for an hour long workout utilizing  
kettlebells and bands only!



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Fitness Center: 850.623.7412



# GROUP EXERCISE CLASS DESCRIPTIONS

**Cycle (45 min - Group Fitness Room):** Saddle up on the stationary bike for a music-based workout. Riders will tackle endurance intervals, hills, and sprints, in an effort to improve lactate threshold and build cadence.

**Run Club (Meets at Fitness Center):** Grab your running buddy or come meet one at this multi-level run club! Runs will take place on various trails around NAS Whiting Field.

**Chaos Cycle (45 min - Group Fitness Room):** Chaos Cycle, the ultimate hybrid for cardio & circuit weight training. Join us for a perfect combination of endurance and muscle building!

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

**Hollywood HIIT (60 min - Group Fitness Room):** Sculpt those "Hollywood" muscles that you see on the big screen! A 60-minute workout emphasizing the shoulders, biceps and core!

**Power Hour (60 min - Group Fitness Room):** 1 hour of high intensity, low-impact strength movements with little rest in between sets. Learn perfect form on a variety of functional exercises while getting a good burn!

**Zumba (45 min - Group Fitness Room):** Join this high energy dance-based fitness class combining latin dance moves and music of all genres. This is an interval workout with high and low intensity moves to get your heart rate up and boost cardio endurance. No dance experience required.

**Chair Yoga (45 min - Group Fitness Room):** Leave the mats at home, because all you'll need for this yoga class is a chair! Focusing on non-impact, assisted movements Chair Yoga will allow all eligible patrons to participate.

**Vinyasa Flow Yoga (60 min - Group Fitness Room):** Vinyasa Yoga emphasizes the sequential movement between postures guided by deliberate breath. This dynamic flow will leave you feeling stronger, more energized and maybe even a little sweaty!

**Hatha Yoga (60 min - Group Fitness Room):** Hatha Yoga emphasizes conscious breathing in combination with mental focus to develop awareness, strength, mobility, and relaxation. Whether you are brand new to yoga or a seasoned practitioner, you will find this mindful movement practice brings a sense of wellbeing.

**Mindful Flow Yoga (60 min - Group Fitness Room):** Mindful Flow Yoga begins with foundational, joint-freeing movements and graduates into moderate level poses, bringing awareness to areas where tension and trauma may be stored in the body. This class nourishes, restores, and leaves you mindful of the mind/body connection.

**Swim Club (Meets at the Pool):** Challenge yourself to the swim workout of the day anytime during lap swim hours, 0500 until 1200 Monday through Friday.

**Pilates (60 min - Group Fitness Room):** Enjoy a series of low impact exercises with a focus on strength, flexibility and balance. For all age and fitness ranges!



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