

DECEMBER 2025 GROUP EXERCISE CLASS SCHEDULE

Classes open to MWR patrons 18+ years of age

Monday

0645 - Power Hour (Joey)

1000 - Cycle (Lysther)

Tuesday

1000 - Legendary Legs (Joey)

1600 - Hatha Flow Yoga (Lori)

1800 - Cycle (Lysther)

Wednesday

0800 - Power Hour (Joey)

1130 - Zumba (Alexis)

Thursday

0830 - Chair Yoga (Lori)

1000 - Station Mayhem (Joey)

1115 - Cycle (Lysther)

Friday

1000 - Vinyasa Flow Yoga (Lori)

1130 - Chaos Cycle (Joey)

Saturday

0800 - Run Club
(DEC 13th , 27th)

HOLIDAY HOUR ADJUSTMENTS!

Holiday hours will be 0800–1600 from December 22nd through January 2nd.

Group classes between the hours of 0800-1600 will continue as usual, while any classes outside these hours will be paused during this period.

The Fitness Center is closed on Christmas Day and New Years Day.

There will be no classes during Fitness Center closures.



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www.NavyMWRWhitingField.com
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.

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.

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 (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): Join us for a station based HIIT class where breaks are few and far between! Utilizing the upper body in various movement patterns with a new station every time!

Power Hour (45 - 60 min - Group Fitness Room): 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!

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 low impact yoga poses to help you improve balance and range of motion while easing joint discomfort.

Vinyasa / Hatha Flow Yoga (60 min - Group Fitness Room): Vinyasa Yoga emphasizes the sequential movement between postures guided by deliberate breath. Hatha Yoga emphasizes conscious breathing in combination with mental focus to develop awareness, strength, mobility, and relaxation.



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