

# SEPTEMBER 2026

## GROUP EXERCISE CLASS SCHEDULE

Classes open to MWR patrons 18+ years of age

|                                                                                                                                                                                              |                                                                                                                                     |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------|
| <b><i>Monday</i></b><br><br>0800 - Power Hour (Joey)<br><br>1000 - Cycle (Lysther)<br><br>1515 - Total Tone (Sammie)                                                                         | <b><i>Tuesday</i></b><br><br>0930 - Mobility & Core (Joey)<br><br>1015 - Legendary Legs (Joey)<br><br>1600 - Hatha Flow Yoga (Lori) |
| <b><i>Wednesday</i></b><br><br>1000 - Gentle Yoga (Lori)<br><br>1400 - Chaos Cycle (Joey)                                                                                                    | <b><i>Thursday</i></b><br><br>0830 - Aqua Yoga (Lori)<br><br>1000 - Station Mayhem (Joey)<br><br>1115 - Cycle (Lysther)             |
| <b><i>Friday</i></b><br><br>1000 - Vinyasa Flow Yoga (Lori)                                                                                                                                  | <b><i>Saturday</i></b><br><br>0700 - Run Club<br>(Sept 5th & 19th)                                                                  |
| <b>9/11 Bike Race</b><br><br>Join us Saturday, September 12 <sup>th</sup> at 9am for a Bike Race along the<br>perimeter trail!<br><br>Questions? Contact the Fitness Center at 850-623-7412. |                                                                                                                                     |



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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.



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