

# GROUP EXERCISE CLASS SCHEDULE

<p style="text-align: center;"><b>M o n d a y</b></p> <p>0630- Beginner Weight Training - <i>Bryan</i>            0715- HIIT + Core - <i>Tori</i>            1015- Lower Body Strength - <i>Tori</i>            1130- Cycling + Core - <i>Merry</i>            1600- Cycling + Core - <i>Merry</i></p>	<p style="text-align: center;"><b>T u e s d a y</b></p> <p>0600- Cycling - <i>Merry</i>            1015- Circuits - <i>Tori</i>            1130- Total Body Strength - <i>Tori</i>            1600- Yoga Flow - <i>Amber</i></p>
<p style="text-align: center;"><b>W e d n e s d a y</b></p> <p>0630- Intermediate Weight Training - <i>Bryan</i>            0715- HIIT + Core - <i>Tori</i>            1015- Yoga Flow - <i>Amber</i>            1130- Gym 101 - <i>Bryan &amp; Tori</i>            1600- Performance Running - <i>Merry</i></p>	<p style="text-align: center;"><b>T h u r s d a y</b></p> <p>0600- HIIT + Core - <i>Merry</i>            0715- Cycling + Core - <i>Merry</i>            1015- Upper Body Strength - <i>Tori</i>            1130- Circuits - <i>Tori</i>            1600- Flex + Flow Yoga - <i>Amber</i></p>
<p style="text-align: center;"><b>F r i d a y</b></p> <p>0600- Cycling* - <i>Merry</i>            0630- Advanced Weight Training - <i>Bryan</i>            1015- Bells, Bags, and Beyond - <i>Tori</i>            1130- Yoga Core - <i>Amber</i></p>	<p style="text-align: center;"><b>S a t u r d a y</b></p> <p>0730- Run Club**</p>
<p style="text-align: center;"><b>S u n d a y</b></p> <p style="text-align: center;"><b>NO SCHEDULED CLASSES</b></p>	<p style="text-align: center;">* - FEP Priority            ** - Meets every other Saturday</p> <p style="text-align: center;"><b>COMMAND PT SESSIONS            AVAILABLE MONDAY-FRIDAY            UPON REQUEST</b></p>



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# GROUP EX - CLASS DESCRIPTIONS

Cycling (45 min): During this class, the instructor will guide you through a ride set to motivational music that is sure to get you sweating! All fitness levels welcome. (Please arrive early to ensure proper bike set up).

Cycling + Core (60 min): This class will consist of a 45 minute ride on the bike followed by a 10 minute core training routine. (Please arrive early to ensure proper bike set up).

Circuits (45 min): These functionally-based workouts will have you moving quickly from one exercise to the next. By utilizing various exercise equipment and formats, this class will help you increase overall muscular endurance, work capacity, and deep core muscles and abdominals to support the spine, and improve posture.

Bags, Bells, & Beyond (45 min): A strength workout utilizing non-traditional equipment and unorthodox methods (kettle bells, sandbags, stones, etc.) to get you fit.

Run Club: Grab your running buddy or come get one at this multi-level run club! Run various trails on NAS Whiting Field and challenge yourself every other Saturday. Earn a Club shirt after your third meeting!

Performance Running (60 min): Are you bored of going for a jog? Want more structure in your running training? This class will focus on proper warm-ups for running, practicing agility skills, interval training, and/or hill-work, and end with recovery exercises specific for running.

Yoga Flow (60 min): Take this more traditional yoga class that focuses on matching breath to movement. Movements can be varied to accommodate all fitness levels.

Flex + Flow Yoga (45 min): This class takes yoga moves and add weights with higher reps to focus on muscular endurance and core strength. Movements can be varied to accommodate all fitness levels.

Yoga Core (40 minutes): Flow through moves that will challenge your core strength and muscular endurance while also providing the stretching benefits of yoga.

HIIT + Core (45 minutes): This class will take you through intervals of high intensity exercises to challenge your cardiovascular fitness and endurance followed up by a core burnout.

Strength: Lower body, Upper body, Total Body (45 minutes): Put your muscles to the test with this class that will focus primarily on the use of free weights to build strength and improve body composition. You will learn proper mechanics and techniques to safely and effectively build muscle and strength.

Gym 101 (60 minutes-75 min): New to the gym? Getting back on the horse after some time away? This class is a cyclical series of classes that are designed to familiarize you with the core components and equipment in our facility. Each class will have a specific emphasis that will be heavier on instruction and information that will help any newcomer feel more comfortable and confident in how to use all of the various tools at their disposal.

Beginner Weight Training (60 min-75 min): A class that introduces patrons to the foundational principles and movement patterns governing strength development. The focus will be on developing technical proficiency in basic movement patterns, understanding basic aspects of establishing mechanical advantage, understanding exercise selection and sequencing for optimal performance.

Intermediate Weight Training (60 min-75 min): This class is a progression from beginner weight training. All of the foundational principles developed in the beginner course will now be refined. More complex movement patterns will be introduced. Included, but not limited to: altering time under tension, implementing supersets and compound sets, and force production from asymmetrical platforms.

Advanced Weight Training (60 min-75 min): This course will teach you how to transfer your strength into explosive power. This class will lean on the core tenants of our beginner and intermediate strength programs to safely teach you to produce force at high rates of speed. This course will include, but will not be limited to: introduction/application of plyometric training, power production using various implements and positions, olympic weightlifting, and oscillation of central nervous system stress.



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