

OCTOBER 2026

GROUP EXERCISE CLASS SCHEDULE

Classes open to MWR patrons 18+ years of age

<i>Monday</i> 0800 - Power Hour (Joey) 1000 - Cycle (Lysther) 1515 - Total Tone (Sammie)	<i>Tuesday</i> 0930 - Mobility & Core (Joey) 1015 - Legendary Legs (Joey) 1600 - Hatha Flow Yoga (Lori)
<i>Wednesday</i> 1000 - Gentle Yoga (Lori) 1400 - Chaos Cycle (Joey)	<i>Thursday</i> 0830 - Chair Yoga (Lori) 1000 - Station Mayhem (Joey) 1115 - Cycle (Lysther)
<i>Friday</i> 1000 - Vinyasa Flow Yoga (Lori)	<i>Saturday</i> 0700 - Run Club Oct: 3 rd , 17 th , 31 st
Navy Birthday Run Join us Saturday, October 10 th at 8am for a fun run celebrating the Navy's Birthday! Questions? Contact the Fitness Center.	



Follow Us:   @WFMWR
www.NavyMWRWhitingField.com
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.

Chair Yoga (45 - 60 min - Meets at Pool): Gentle, chair-based yoga to improve mobility, relax the body, and leave you refreshed.



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