



JAN - MAR 2024

GROUP EXERCISE CLASSES

Classes open to MWR patrons 18+ years of age

Monday 1130 - Cycle (India/Merry) 1530 - Mindful Flow Yoga (Jamie) 1800 - Power Hour (India) (No Classes Jan 16 and Feb 20)	Tuesday 1000 - Lower Body Strength (Joey) 1600 - Hatha Flow Yoga (Lori) 1900 - Mobility & Core (India) (No Mobility & Core on Feb 14)
Wednesday 0800 - Power Hour (Joey) 1100 - Mindful Flow Yoga (Jamie)	Thursday 0800 - Mobility & Core (Joey) 1000 - Upper Body Strength (Joey) 1600 - Cycle (India)
Friday 0600 - Cycle (India) 1000 - Vinyasa Flow Yoga (Lori)	Saturday 0800 - Run Club (Jan 13 & 27, Feb 10 & 24, Mar 9 & 23)

MONTHLY EVENTS

Jan: New Year's Resolution 5k / 1 Mile

Start the New Year off on the right track.

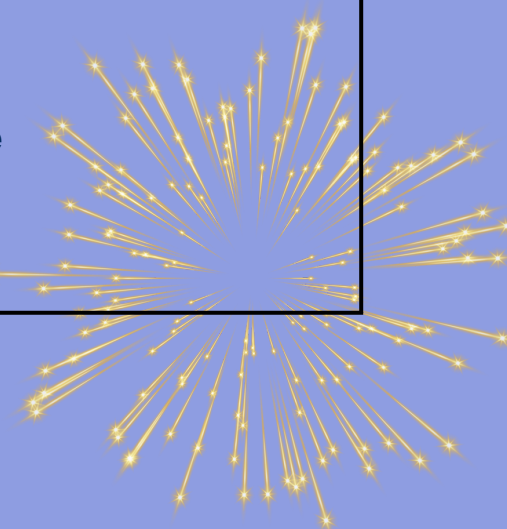
The Grip Gauntlet

Month-long Grip Strength Challenge

Feb: Dinne Stone Challenge



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Group Exercise

Class Descriptions

Cardio

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.

Strength

Strength: Lower/Upper Body (60 min - Group Fitness Room): Build functional strength and improve body composition while learning how to safely and effectively use free weights.

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

Mobility & Core (60 min - Group Exercise Room): Feeling stiff? Open up your joints and increase flexibility through bodyweight and loaded mobility exercises. Every class will emphasize core strength and spinal control through a full range of motion, to prevent injury and improve functional performance.

Mind-body

Vinyasa Flow Yoga (60 min - Group Fitness Room): Vinyasa Yoga emphasizes the sequential movement between postures, coordinated with and 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 uses postures and 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 starts with foundational, joint-freeing movements and graduates into moderate level poses. We observe breath and alignment, with a focus on calming the mind, 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.



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