

Fitness Schedule

<i>MON</i>	<i>TUE</i>	<i>WED</i>	<i>THUR</i>	<i>FRI</i>
0700-1000 <u>QUICK HIITS</u>	0700-1000 <u>QUICK HIITS</u>	0700-1000 <u>QUICK HIITS</u>	0700-1000 <u>QUICK HIITS</u>	0700-1000 <u>QUICK HIITS</u>
1000-1100 <u>STENGTH FUSION</u>	1030-1130 <u>NOFFS PT</u>	1000-1100 <u>YOGA</u>	1030-1130 <u>NOFFS PT</u>	
	1630-1730 <u>SPIN</u>		1630-1730 <u>SPIN</u>	0900-1000 <u>SPIN</u>

NAS Whiting Field Fitness Center : 623-7412



Hours of Operation

Mon-Fri 0430-2100; Sat & Sun 0800-1600;

Holiday 0800-1600

Class Descriptions

STRENGTH FUSION- An Intense Core-focused Mat Class blending the principles from Pilates, Sports Conditioning, and Yoga. It is designed to challenge both the large and small muscle groups through a series of flowing exercises. Modifications given for all levels, both beginner and advanced.

SPIN- Indoor cycling class designed to reduce body fat while increasing lean body mass.

YOGA- Yoga is a form of exercise that uses slow movements and stretching. It is good for increasing flexibility and balance. It is also good for relieving stress and relaxing. Yoga has been used as a meditation technique for thousands of years.

H.I.I.T- A class session of 20-40 minutes created around "High Intensity Interval Training". By alternating periods of short intense anaerobic exercises with less-intense recovery periods, this type of workout is an effective form of cardiovascular exercise that also improves on athleticism, glucose metabolism, and fat burning!

NOFFS PT- A training curriculum developed by the Andrews Institute of Performance Training for optimal physical fitness using various training methods to achieve fitness goals. Everyone is welcome to join in the fun!

QUICK HIITS -Workout of the Day in which there is no set class time. The Instructor will run individuals/groups through a timed workout. Workouts vary and are constantly changing.

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