

**MAY 2026**

**GROUP EXERCISE CLASS SCHEDULE**

Classes open to MWR patrons 18+ years of age

<p><b><i>Monday</i></b></p> <p>1000 - Cycle (Lyster)</p> <p>1630 - Total Tone (Alexis)</p>	<p><b><i>Tuesday</i></b></p> <p>0930 - Mobility &amp; Core</p> <p>1015 - Legendary Legs (Joey)</p> <p>1600 - Hatha Flow Yoga (Lori)</p>
<p><b><i>Wednesday</i></b></p> <p>0800 - Power Hour (Joey)</p> <p>1000 - Gentle Yoga (Lori)</p> <p>1130 - Zumba (Alexis)</p>	<p><b><i>Thursday</i></b></p> <p>0830 - Aqua Yoga (Lori)</p> <p>1000 - Station Mayhem (Joey)</p> <p>1115 - Cycle (Lyster)</p>
<p><b><i>Friday</i></b></p> <p>1000 - Vinyasa Flow Yoga (Lori)</p> <p>1130 - Chaos Cycle (Joey)</p>	<p><b><i>Saturday</i></b></p> <p>0700 - Run Club (May 2nd, 16th &amp; 30th)</p>

**SUNSET YOGA & YOGA ON THE LAWN**

Sunset Yoga will be returning to Whiting Park on Thursdays at 1715, starting May 7<sup>th</sup> and lasting 6 weeks! Mats provided but supplies are limited.

Yoga On The Lawn - Join us Friday, May 15<sup>th</sup> at 1000 for an outdoor yoga experience!

Questions? Contact the Fitness Center.



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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.

**Zumba (45 min - Group Fitness Room):** High-energy dance workout blending rhythm with interval training to boost cardio and burn calories—no experience needed.

**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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