

OCTOBER - 2025

GROUP EXERCISE CLASS SCHEDULE

Classes open to MWR patrons 18+ years of age

<i>Monday</i> 0645 - Power Hour (Joey) 1000 - Cycle (Lysther)	<i>Tuesday</i> 1000 - Legendary Legs (Joey) 1600 - Hatha Flow Yoga (Lori) 1800 - Cycle (Lysther)
<i>Wednesday</i> 0800 - Power Hour (Joey) 1130 - Zumba (Alexis)	<i>Thursday</i> 0830 - Aqua Yoga (Lori) 1000 - Station Mayhem (Joey) 1115 - Cycle (Lysther)
<i>Friday</i> 1000 - Vinyasa Flow Yoga (Lori) 1130 - Chaos Cycle (Joey)	<i>Saturday</i> 0700 - Run Club (Oct 4 ^h & 18 th)

October MWR Events!

TAYLOR SWIFT THEMED CYCLE OCT 3RD AT 1115!

COSTUME ZUMBA OCT 29TH AT 1130!

Late Night Indoor Cycle on Tuesday nights!

Flag Football every Wednesday at the Sports Complex



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

