

Fitness Schedule

NEW CLASSES !!

Monday	 11:30 – 12:15 Strength Fusion ~~~~~ Group "X" 4:00 – 4:45 Body Craft ~~~~~ Basketball Court
Tuesday	10:00 – 10:50 Stroller Fitness ~~~~ Whiting Pines Community Center 12:00 – 12:45 Chaos Spin ~~~~~ Group "X" Room 4:30 – 5:00 Hardcore Abs ~~~~~ Group "X" Room
Wednesday	 11:30 – 12:15 NOFFS Regeneration ~~~~~ Group "X"  4:00 – 4:45 Mind and Body ~~~~~ Group "X" Room 5:00 – 6:00 Power House ~~~~~ Weight Room
Thursday	4:00 – 4:45 Shock Cardio ~~~~~ Basketball Court 11:00 – 12:00 Running Club ~~~~~ Fitness Center
Friday	 10:00 – 10:50 Stroller Fitness ~~~~ Whiting Pines Community Center 11:00 – 11:45 NOFFS Regeneration ~~~~~ Group "X" 12:00 – 12:45 Chaos Spin ~~~~~ Group "X" Room

Chaos SPIN: Cardio Intervals on the Bike with Upper Body and Core work on the floor. A great class for Beginning Spinners or those who prefer a shorter ride.

Body Craft: A form of sports training involving performing different exercises in rotation. It targets strength building and muscular endurance.

Hardcore Abs: Get beach body ready with this 30 minute class to blast your abs. This class covers abdominal and core workouts for all levels and abilities.

NOFFS Regeneration: Enjoy foam rolling, mobility and activation modalities to aid in recuperation of sore muscles.

Power House: A 1 hour class to learn how to use correct technique for a variety of free weight movements including: bench press, deadlift, squats and overhead press. All skill levels welcome.

Shock Cardio: Powered by NOFFS, is a cardio pulmonary based fitness class which will challenge you physically and mentally while you burn fat without losing that hard earned muscle!

Strength Fusion: Intense core-focused 'Mat Class' which blends Pilates, Sports Conditioning, and Yoga.

Stroller Fitness: Full body workout for mom/dad and fun for baby(s) too. Your child may stay in their stroller or kids play area. **Location: Whiting Pines Community Center**

Mind and Body: This class focuses on breath control and gentle dynamic stretching techniques that will de-stress and invigorate both mind and body.



~ Fitness Specialists Available ~
NAS Whiting Field Fitness Center
850-623-7412

Hours of Operation
Mon-Fri: 0430-2100
Sat & Sun: 0800-1600
Holiday: 0800-1600