

APRIL 2024

GROUP EXERCISE CLASS SCHEDULE

Classes open to MWR patrons 18+ years of age

Monday 0500 - Swim Club (Jeremy) 1130 - Cycle (India) 1300 - FEP HIIT (Joey) 1530 - Mindful Flow Yoga (Jamie)	Tuesday 1000 Legendary Legs (Joey) 1600 - Hatha Flow Yoga (Lori) 1900 - Mobility & Core (India)
Wednesday 0500 - Swim Club (Jeremy) 0800 - Power Hour (Joey) 1100 - Mindful Flow Yoga (Jamie) 1300 - FEP HIIT (Joey)	Thursday 0800 - Mobility & Core (Joey) 1000 - Hollywood HIIT (Joey) 1600 - Cycle (Lysther) 1830 - Sunset Yoga (Jamie)
Friday 0500 - Swim Club (Jeremy) 0600 - Cycle (Lysther) 1000 - Vinyasa Flow Yoga (Lori) 1300 - FEP HIIT (Joey)	Saturday 0730 - Run Club (Apr 6th & 20th)
Events Eras Color 1 Mile / 5K Join us at the Sports Complex on Saturday, April 13th at 9 am for the most colorful event of the year! Challenge yourself to either a 1 Mile or 5K course, complete with color powder stations and T-Swift jams. This event recognizes the Month of the Military Child and Sexual Assault Awareness. The first 200 participants will receive a free shirt and swag bag! Register today at the Fitness Center or Airdales.	



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Fitness Center: 850.623.7412

GROUP EXERCISE

CLASS DESCRIPTIONS

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.

Legendary Legs (60 min - Group Fitness Room): You cannot spell legendary without LEG DAY! Join us for a 60-minute lower body circuit! Workouts utilize both dumbbell and kettlebell movements to make sure no muscle group goes neglected!

Hollywood HIIT (60 min - Group Fitness Room): Sculpt those Hollywood muscles that you see on the big screen! A 60-minute emphasizing the shoulders, biceps and core! We'll have you camera ready in no time.

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

FEP HIIT (60 min - Fitness Center): Return to mission ready by improving body composition and increasing performance on your PRT. Participation limited to servicemembers enrolled in FEP, (A)BCP, or FIP.

Mobility & Core (60 min - Group Exercise Room): Feeling stiff? Lubricate your joints and increase flexibility through bodyweight and loaded mobility exercises to prevent injury and improve functional performance.

Vinyasa Flow Yoga (60 min - Group Fitness Room): Vinyasa Yoga emphasizes the sequential movement between postures 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 emphasizes 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 begins with foundational, joint-freeing movements and graduates into moderate level poses, 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.

Sunset Yoga (60 min - Whiting Park): Exhale the stress of your day and inhale the beautiful scenery during this gentle outdoor flow. Whiting Park is located at 5499 Old River Road in Milton.

Swim Club (Meets at the Pool): Challenge yourself to the swim workout of the day anytime during lap swim hours, 0500 until 1000 Monday to Friday. Ask our instructors how you can earn a swim club t-shirt!



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