

MAY 2025

GROUP EXERCISE CLASS SCHEDULE

Classes open to MWR patrons 18+ years of age

<p><i>Monday</i></p> <p>0900 - Pilates (Meghan)</p> <p>1000 - Cycle (Lysther)</p>	<p><i>Tuesday</i></p> <p>0800- Aqua HIIT (Rachel/Ron Jon)</p> <p>1000 - Legendary Legs (Joey)</p> <p>1700 - Hatha Flow Yoga (Lori)</p>
<p><i>Wednesday</i></p> <p>0800 - Power Hour (Joey)</p> <p>1100 - Strength Yoga (Rachel)</p> <p>1730 - Zumba (Alexis)</p>	<p><i>Thursday</i></p> <p>0830 - Aqua Yoga (Lori)</p> <p>1000 - Hollywood HIIT (Joey)</p> <p>1115 - Cycle (Lysther)</p>
<p><i>Friday</i></p> <p>1000 - Vinyasa Flow Yoga (Lori)</p> <p>1130 - Chaos Cycle (Joey)</p>	<p><i>Saturday</i></p> <p>0700 - Run Club (May 3rd, 17th, & 31st)</p>

Class Events

YOGA ON THE LAWN

Join us on May 6th, at 1700 for an outdoor yoga class on the lawn between the theater and the commissary!

Yoga mats will be offered as first come first serve!

Sunset Yoga will have its final class May 7th 1815-1915 at Whiting Park!

Whiting Park is located at 5499 Old River Rd, Milton, FL 32583.

(Weather permitting for both outdoor events)



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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.

Zumba (45 min - Group Fitness Room): Join this high energy dance-based fitness class combining latin dance moves and music of all genres. This is an interval workout with high and low intensity moves to get your heart rate up and boost cardio endurance. No dance experience required.

Chaos Cycle (45 min - Group Fitness Room): Chaos Cycle, the ultimate hybrid for cardio & circuit weight training. Join us for a perfect combination of endurance and muscle building!

Legendary Legs (60 min - Group Fitness Room): You cannot spell LEGENDARY without LEG DAY! Join us for a 60-minute lower body circuit!

Hollywood HIIT (60 min - Group Fitness Room): Sculpt those “Hollywood” muscles that you see on the big screen! A 60-minute workout emphasizing the shoulders, biceps and core!

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!

Aqua HIIT (45 min - Meets at Pool) Join us at the pool with our aqua dumbbells and barbells for a low impact high intensity aqua aerobics like class!

Aqua Yoga (45 min - Meets at Pool): Leave the mats at home, because all you’ll need for this yoga class is your swimsuit. Focusing on non-impact, assisted movements Chair Yoga will allow all eligible patrons to participate.

Vinyasa / Hatha Flow Yoga (60 min - Group Fitness Room): Vinyasa Yoga emphasizes the sequential movement between postures guided by deliberate breath. Hatha Yoga emphasizes conscious breathing in combination with mental focus to develop awareness, strength, mobility, and relaxation.

Strength Yoga (60 min - Group Fitness Room): A simple Vinyassa style class designed to strengthen the body and increase your range of motion

Pilates (45 min - Group Fitness Room): Enjoy a series of low impact exercises with a focus on strength, flexibility and balance. For all age and fitness ranges!



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