

FITNESS SCHEDULE



**NAS WHITING FIELD
FITNESS CENTER**

850-623-7412

Mon-Fri: 0430-2100

Weekends: 0800-1600

Holiday: 0800-1600

MON

0545: Command/FEP (per reservation)

1130: Swim & Strength ~ Pool

1615: Abs ~ Group X

TUE

0545: Cycling ~ Group X

0915: Circuits ~ Group X

1130: Cycling ~ Group X

WED

0545: Command/FEP (per reservation)

1130: Stretch & Mobility ~ Group X

1615: Cycling & Stretch ~ Group X

THU

0545: Cycling ~ Group X

0915: Weight-lifting ~ Gym

1615: Circuits ~ Group X

FRI

0545: Command/FEP (per reservation)

0915: Cycling & Core ~ Group X

1130: Bags, Bells & Beyond ~ Gym

SAT

0915: Swim & Bike ~ Pool & Group X

***Class is every other Saturday after Run Club. Combined with the Run Club this is a great opportunity to begin training for a triathlon.**

CLASS DESCRIPTIONS

Cycling (45 min):

During this class, the instructor will guide you through a ride set to motivational music that is sure to get you sweating! All fitness levels welcome! (Please arrive early to ensure proper bike set up).

Cycling + Core (50 min):

This class will consist of a 40 minute ride on the bike followed by a 10 minute core training routine. (Please arrive early to ensure proper bike set up).

Cycling + Strength (45 min):

This class will involve a combination of high intensity cardio on the bike and strength-based exercises off the bike to result in a full-body circuit-style workout. (Please arrive early to ensure proper bike set up).

Stretch & Mobility (30 min):

Don't forget about the yin to your yang! This class will encompass low-intensity mobility exercises, static and dynamic stretching, and yoga-style moves to target improving overall stability, relieve tension, and increase flexibility.

Circuit Training (45 min):

These functionally-based workouts will have you moving quickly from one exercise to the next. By utilizing various exercise equipment and formats, this class will help you increase overall muscular endurance and work capacity.

Abs (30 min):

Perfect for all levels, this class targets the deep core muscles and abdominals to support the spine, improve posture, and get your beach body on!

Swim & Strength Conditioning (50 min):

Want to get a full-body cardio workout that's low impact and keeps you cooled off in the heat? This group class will be a combination of swimming and low-weight/calisthenic dry-land exercises focused on building endurance and strength.

Weight-lifting (45 min):

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.

Bags, Bells, & Beyond (45 min):

A strength workout utilizing non-traditional equipment and unorthodox methods (kettle bells, sandbags, stones, etc.)

Swim & Bike (75 min):

This is a full-on cardio class that's designed to help you build overall endurance in a low-impact way. Additionally, if you're interested in training for a triathlon, this would be a great addition to your training routine. We will spend 30 minutes cycling (incorporating intervals) followed by 30 minutes swimming, working on building stamina while focusing on maintaining proper form. Transition time allowance: 15 minutes. (Please arrive early to ensure proper bike set up).

Authorized Patrons are dependent upon location:

Outside Classes, track and atrium will be open to all authorized patrons. Classes in the Fitness Center/Group Exercise Room will be open to active duty only due to current policies and space available.

Attending Classes

- Registering for classes is highly encouraged due to a limited number of spots.
- All equipment will be sanitized/disinfected prior to and after class.
- For classes which use equipment, equipment will not be shared instead each class member will have their own equipment for class. In the event that a singular piece is used, measures will be taken for that item to be sanitizer/disinfected between class members.



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