

JUNE - AUGUST 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> 0800- Aqua HIIT (Rachel/Ron Jon) 1000 - Legendary Legs (Joey) 1600 - Hatha Flow Yoga (Lori) 1800 - Cycle (Lysther)
<i>Wednesday</i> 0800 - Power Hour (Joey) 1115 - Strength Yoga (Rachel) 1400 - Zumba (Alexis)	<i>Thursday</i> 0830 - Aqua Yoga (Lori) 1000 - Hollywood HIIT (Joey) 1115 - Cycle (Lysther)
<i>Friday</i> 1000 - Vinyasa Flow Yoga (Lori) 1130 - Chaos Cycle (Joey)	<i>Saturday</i> 0700 - Run Club (June 14 th & 28 th)

AQUA CLASSES ARE BACK!

Join us Tuesday & Thursday mornings!
Beat the summer heat by cooling off in the pool as the sun rises!

Aqua HIIT and Aqua Yoga are weather permitting.
Classes will meet at the pool on designated days!



Follow Us:   @WFMWR
www.NavyMWRWhitingField.com
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 low impact yoga poses to help you improve balance and range of motion while easing joint discomfort.

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.



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

