

# OCTOBER 2023 GROUP EXERCISE CLASSES

*Classes open to MWR patrons 18+ years of age*

<b>Monday</b>  0600 - Swim Club (Jeremy) 1130 - Cycle (Lysther) 1530 - Mindful Flow Yoga (Jaime)	<b>Tuesday</b>  0600 - Cycle (Lysther) 1000 - Lower Body Strength (India) 1600 - Hatha Flow Yoga (Lori)
<b>Wednesday</b>  0600 - Swim Club (Jeremy) 0730 - Olympic Weightlifting (India) 1100 - Mindful Flow Yoga (Jaime)	<b>Thursday</b>  1000 - Upper Body Strength (India) 1130 - NOFFS Endurance (India) 1600 - Cycle (India)
<b>Friday</b>  0600- NOFFS Operational (India) 1000- Vinyasa Flow Yoga (Lori)	<b>Saturday</b>  0630 - Run Club (Meets Oct. 21st)
<p><b>*ALL CLASSES FEP PRIORITY*</b></p> <p><b>*COMMAND PT SESSIONS AVAILABLE MONDAY-FRIDAY UPON REQUEST*</b></p> <p><b>*CLASSES SUBJECT TO CHANGE --</b></p> <p><b>CHECK FACEBOOK OR CALL FITNESS CENTER AT 850.623.7412 FOR UPDATES*</b></p>	



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# GROUP EX - CLASS DESCRIPTIONS

## Cardio

**Cycle** (45 min - Group Fitness Room): Saddle up on the stationary bike for a fun, music-based workout. Riders will tackle endurance intervals, hills, and sprints, in an effort to improve lactate threshold and build cadence. Please arrive early for bike set up.

**NOFFS Endurance** (45 min - Group Fitness Room): The Navy Operational Fitness and Fueling System (NOFFS) Endurance Series challenges your cardiovascular work capacity through circuits and intervals, while preventing overuse injuries associated with traditional endurance training.

**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. Earn a Club shirt after your third meeting! *(while supplies last)*

**Swim Club** (Pool): Challenge yourself to our swim workout of the day. Earn a Club shirt after your third meeting! *(while supplies last)*

## Strength

**Strength: Lower/Upper Body** (60 min - Fitness Center): Learn how to safely and effectively use free weights to build strength and improve body composition. Modifiable for beginners through advanced lifters.

**NOFSS Operational** (60 min - Fitness Center): The Navy Operational Fitness and Fueling System (NOFFS) Operational Series combines plyometrics, speed/agility/quickness, strength, energy systems development, and regeneration training to optimize physical readiness and resiliency.

**Olympic Weightlifting** (60 min - Fitness Center): Olympic Weightlifting builds explosive power for improved jumping and speed. This class will take beginners and novices through a series of progressions to master technical lifts like the clean and jerk and the snatch.

## Mind-body

**Vinyasa Flow Yoga** (60 min - Group Fitness Room): Vinyasa Yoga emphasizes the sequential movement between postures, coordinated with and 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 uses postures and 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 starts with foundational, joint-freeing movements and graduates into moderate level poses. We observe breath and alignment, with a focus on calming the mind, 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.



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