

GROUP FITNESS

N-24

MONDAY

5-6 AM — Strength & Conditioning

TUESDAY

5-6 AM — Strength & Conditioning

9-10 AM — Strong Nation

5-6 PM — Freedom in Motion

WEDNESDAY

5-6 AM — Strength & Conditioning

4-5 PM — Squat Mastery

THURSDAY

5-6 AM — Strength & Conditioning

9-10 AM — Strong Nation

5-6 PM — Freedom in Motion

CEP-58

TUESDAY

5:30-6:15 AM — Spin Class

4:30-5:00 PM — Circuit Training

WEDNESDAY

Noon-12:20 PM — Spin Class

THURSDAY

5:30-6:15 AM — Spin Class

4:30-5:00 PM — Circuit Training

FRP-12 POOL

WEDNESDAY

8 AM — Pool Yoga

FRIDAY

9-10 AM — Aqua Aerobics

SATURDAY

9-10 AM — In-Water Standing Yoga

Q-80

MONDAY

9:30-10 AM — Mobility Mash

10:30-11 AM — Mobility Mash

1-2 PM — Dumbbell Strength

4-4:45 PM — Injury Prevention

TUESDAY

5:30-6:30 AM — HIIT

WEDNESDAY

1-2 PM — Dumbbell Strength

4-4:45 PM — Injury Prevention

THURSDAY

5:30-6:30 AM — HIIT

FRIDAY

5:30-6:15 AM — Spin Class

1-2 PM — Dumbbell Strength



757-444-1389

GROUP FITNESS

N-24

STRENGTH & CONDITIONING

Open to all fitness levels. This class targets total body helping you to reach your fitness goals and get you prepared to successfully complete your PRT.

STRONG NATION

Taking your low and high intensity workouts to a new level with a music-led functional training session with a cool down including flexibility and breath work.

SQUAT MASTERY

Improve squat mechanics for performance and injury prevention

FREEDOM IN MOTION

Unlocking mobility and for overall functionality.

Q-80

HIIT

High Intensity Interval Training that include quick burst of strength and cardio with brief rest periods.

INJURY PREVENTION

This class involves 45 minutes of full-body stretching, foam rolling, core activation, and low-impact strength exercises.

CEP-58

NAVCON

A combination of functional strength and conditioning for all fitness levels.

SPIN CLASS

Cardiovascular training performed indoors on a stationary bike.

CIRCUIT TRAINING

A 30-minute workout to improve muscular strength and endurance while also improving cardiovascular endurance.

**FRP-12
POOL**

AQUA AEROBICS

Free full-body, in-water aerobic exercise class, weekly on Friday mornings.

IN-WATER STANDING YOGA

Family-friendly, full-body workout, focused on stretching, balance and flexibility.

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No Navy endorsement implied.

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