

September 2024

GROUP EXERCISE CLASS SCHEDULE

Classes open to MWR patrons 18+ years of age

<h3>Monday</h3> <p>0500 - Swim Club (Alex) 1015 - Cycle (Lyster) 1530 - Mindful Flow Yoga (Jamie)</p>	<h3>Tuesday</h3> <p>0830 - Aqua HIIT (Ron Jon) 1000 Legendary Legs (Joey) 1600 - Hatha Flow Yoga (Lori)</p>
<h3>Wednesday</h3> <p>0500 - Swim Club (Alex) 0800 - Power Hour (Joey) 0945 - Chaos Cycle (Joey) 1100 - Mindful Flow Yoga (Jamie)</p>	<h3>Thursday</h3> <p>0830 - Aqua Yoga (Lori) 1000 - Hollywood HIIT (Joey) 1115 - Cycle (Lyster) 1600 - Aqua HIIT (Ron Jon)</p>
<h3>Friday</h3> <p>0500 - Swim Club (Alex) 1000 - Vinyasa Flow Yoga (Lori)</p>	<h3>Saturday</h3> <p>0700 - Run Club (Sep 7th & 21st)</p>

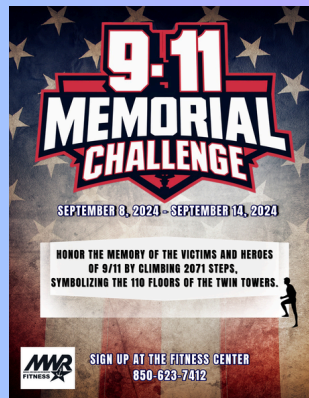
Join us at our events!



FRIDAY
SEPTEMBER
20
GAMES START AT 4PM

**SINGLES
PICKLEBALL
TOURNAMENT**

ALL SKILL LEVELS ARE WELCOME!
SIGN UP AT THE FITNESS CENTER
850-623-7412



**9-11
MEMORIAL
CHALLENGE**

SEPTEMBER 8, 2024 - SEPTEMBER 14, 2024

HONOR THE MEMORY OF THE VICTIMS AND HEROES
OF 9/11 BY CLIMBING 2071 STEPS,
SYMBOLIZING THE 110 FLOORS OF THE TWIN TOWERS.

SIGN UP AT THE FITNESS CENTER
850-623-7412



**SPRINT
TRIATHLON**

Saturday >>>
September 28

7AM CHECK-IN
8AM RACE TIME

SIGN
UP
NOW!

Prizes for top
finishers!
Free to all DoD
Cardholders!
Free bike rentals!
Individual & Relay
Division

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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.

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.

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! We’ll have you camera ready in no time!

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 the Pool): Challenge yourself to circuit based aqua aerobics class! A fun blend of weighted & unweighted movements in the pool, with water designed dumbbells and more!

Aqua Yoga (45 min - Meets at the Pool): Enjoy a large variety of water-based yoga movements at the outdoor pool! Beat the heat, bask in the water and challenge the body to a new series of maneuvers!

Vinyasa Flow Yoga (60 min - Group Fitness Room): Vinyasa Yoga emphasizes the sequential movement between postures 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 emphasizes 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 begins with foundational, joint-freeing movements and graduates into moderate level poses, 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.

Swim Club (Meets at the Pool): Challenge yourself to the swim workout of the day anytime during lap swim hours, 0500 until 1000 Monday through Friday. Ask our instructors how you can earn a swim club t-shirt!



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www.NavyMWRWhitingField.com
Fitness Center: 850.623.7412

