

# JULY 2024

## GROUP EXERCISE CLASS SCHEDULE

Classes open to MWR patrons 18+ years of age

<b>Monday</b> 0500 - Swim Club (Rebecca) 1015 - Cycle (Lysther) 1300 - FEP HIIT (Joey) 1530 - Mindful Flow Yoga (Jamie)	<b>Tuesday</b> 0830 - Aqua HIIT (Ron Jon) 1000 Legendary Legs (Joey) 1600 - Hatha Flow Yoga (Lori)
<b>Wednesday</b> 0500 - Swim Club (Rebecca) 0800 - Power Hour (Joey) 1100 - Mindful Flow Yoga (Jamie) 1300 - FEP HIIT (Joey)	<b>Thursday</b> 0830 - Aqua Yoga (Lori) 1000 - Hollywood HIIT (Joey) 1115 - Cycle (Lysther) 1600 - Aqua HIIT (Ron Jon)
<b>Friday</b> 0500 - Swim Club (Rebecca) 1000 - Vinyasa Flow Yoga (Lori) 1300 - FEP HIIT (Joey)	<b>Saturday</b> 0700 - Run Club (July 13TH, 27TH)

## EVENTS



**Red, White & Blue Pool Party**  
Display your patriotism and join us at the swimming pool for an epic party on July 4th!

**3v3 Basketball Tournament**  
Grab 2 of your closest friends and test your basketball skills in a 3v3 tournament on July 13th at the Fitness Center!



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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.

**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.

**Legendary Legs (60 min - Group Fitness Room):** You cannot spell legendary without LEG DAY! Join us for a 60-minute lower body circuit! Workouts utilize both dumbbell and kettlebell movements to make sure no muscle group goes neglected!

**Hollywood HIIT (60 min - Group Fitness Room):** Sculpt those Hollywood muscles that you see on the big screen! A 60-minute 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!

**FEP HIIT (60 min - Fitness Center):** Return to mission ready by improving body composition and increasing performance on your PRT. Participation limited to servicemembers enrolled in FEP, (A)BCP, or FIP.

**Aqua Yoga (45 min - Meet 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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