

August 2024

GROUP EXERCISE CLASS SCHEDULE

Classes open to MWR patrons 18+ years of age

Monday

0500 - Swim Club (Alex)
1015 - Cycle (Lysther)
1300 - FEP HIIT (Joey)
1530 - Mindful Flow Yoga (Jamie)

Tuesday

0830 - Aqua HIIT (Ron Jon)
1000 Legendary Legs (Joey)
1600 - Hatha Flow Yoga (Lori)

Wednesday

0500 - Swim Club (Alex)
0800 - Power Hour (Joey)
1100 - Mindful Flowday Yoga (Jamie)
1300 - FEP HIIT (Joey)

Thursday

0830 - Aqua Yoga (Lori)
1000 - Hollywood HIIT (Joey)
1115 - Cycle (Lysther)
1600 - Aqua HIIT (Ron Jon)

Friday

0500 - Swim Club (Alex)
1000 - Vinyasa Flow Yoga (Lori)
1300 - FEP HIIT (Joey)

Saturday

0700 - Run Club
(Aug 10th & 24th)

Join us at our events!



Sports Complex
Beach Volleyball Tournament
Wednesday August 7
4:30-6:30pm

Join Us! Put your 6 person teams together and sign up with the Fitness Center

MWR Call the Fitness Center 850-623-7412



FLAG FOOTBALL
Coaches Meeting August 14 | 1pm

SEASON BEGINS: WED, AUG 21
GAMES EACH WEDNESDAY AT 5:30PM, 6:30PM, AND 7:30PM AT THE SPORTS COMPLEX.

MWR SPORTS
NAS Whiting Field Sports Coordinator
850-623-7412



WATER POLO
FUN PLAY
WEDNESDAY AUGUST 14
4:30-6:30PM

NO PRESSURE, JUST POLO
GOAL IS SET UP - COME PRACTICE ANY TIME

MWR FITNESS AND AQUATICS CENTER | 850-623-7412



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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.

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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