

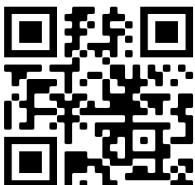
# NAS JAX Group Fitness Schedule July 2021



Effective July 1, 2021

**Summer 5K Series:**  
Jun 18 | Jul 16 | Aug 20  
7 am at the Antenna Farm

Fitness Center					
Time	Monday	Tuesday	Wednesday	Thursday	Friday
0700			Muscle Max (Brian)	Pound (Carol)	Command PT
1100	Muscle Max (JP)	Yoga Flow (Val)	Muscle Max (JP)	Yoga Flow (Val)	Muscle Max (Elgin)
1200	Pound (Carol)		Zumba (Carol)		Zumba (Carol)
1700		Step (Terry)		Zumba (Terry)	
Spin Room					
0630	Spin (JP)		Spin (JP)		
1100		Spin (Heather)		Spin (JP)	
NOFFS Zone					
0700		HPT (Brian)		HPT (Brian)	
1200	HPT (Heather)	TRX Fusion (Santos)	HPT (Heather)	HPT (Heather)	
1200				TRX Fusion (Santos)	
1630		Circuit Core Conditioning (Santos)		TSAC (Santos)	
1730	TSAC (Elgin)		Circuit Core Conditioning (Elgin)		
Indoor Pool					
1200		Aqua Zumba (Carol)		Hydro Max (Jeanne)	



Group fitness classes are back with COVID-19 mitigations. There is a maximum of 10 participants per class. Sign up to reserve your group fitness class using the QR code to the left or at <https://signup.com/go/CPOSMwD>

**\*\*Indicates 30 minute express class**

**Group Fitness Class Descriptions: (duration of classes 45-55 min per instructor, unless otherwise specified)**

**Command PT:** Please contact [brian.williams@navy.mil](mailto:brian.williams@navy.mil) to reserve your class. Any class listed on this schedule can be reserved for your command PT. All classes are led by certified trainers.

**Muscle Max:** Using the NOFFS principles (Navy Operational Fitness and Fueling System) this class is 100% pure muscle sculpting from head to toe using a variety of equipment and different methods, such as circuits and Tabata. Using steps, weights, bands and other equipment we lunge, squat, dip and perform power moves to get those muscles into shape. **\*Workouts based on NOFFS.**

**Zumba:** We take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Zumba Fitness classes are often called exercise in disguise because the Latin and world rhythms take over. A total workout, combining all elements of fitness- cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. Open to all dance levels.

**\*\*Pound:** Instead of listening to the music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix, lightly weighted green drumsticks engineered specifically for exercising. Pound transforms drumming into an incredibly effective way of working out. Designed for all fitness levels.

**Yoga Flow:** Based on the ancient practice of movement, breathing control and meditation, these asana (posture) classes are presented in the classical Vinyasa (flow) style. This intense class provides the mind-body benefit of yoga exercise in a vigorous format to give you an overall conditioning class to improve balance, flexibility and strength. Intermediate to advanced fitness levels.

**Step:** Join in on this fun Step/Zumba dance class to increase your cardiovascular. Using steps creates a higher intensity dance type class that will break any plateau you hit!

**Spin:** Recognized as one of the best low-impact workouts available, our state of the art indoor spinners can be perfectly adjusted to suit your fitness level. Our classes will familiarize you with the techniques of spinning while providing a fun and exhilarating group experience; come and see what the buzz is about! Don't forget to bring water!

**H.P.T. (High Performance Training):** This class is composed typically of a warm up, strength or skill focus portion, and a high intensity workout of the day (WOD). HPT can be scaled for any level fitness ability!

**TRX Fusion:** TRX Suspension Training is a revolutionary method of leveraged bodyweight exercise. Perform hundreds of exercises that build power, strength, flexibility, balance, mobility and prevent injuries, all at the intensity you choose. ALL CORE. ALL THE TIME!

**Circuit Core Conditioning:** This group fitness class targets your core. It is a full body workout that challenges your core by using a multitude of upper and lower body muscles and multi joint movements. This type of training relates to athletic/physical abilities or activities of daily living.

**T.S.A.C. (Tactical Strength and Conditioning):** TSAC is a military-style form of strength training which targets speed, power, strength, and functional fitness! It is a full body challenge specific to military needs and standards.

**Aqua Zumba:** A classic aqua aerobics with Latin flavor added. This class is a low impact, high-energy aquatic exercise that blends the Zumba philosophy with water resistance, for one pool party you shouldn't miss! Designed for anyone who can follow instructions and manage being in the water.

**Hydro Max:** Low-impact workout including a warm-up, cardio, muscle strengthening, and cool down segments. A great aerobic and cardiovascular session with no joint impact in the water! No swimming is required for Hydro Max.

## HOURS OF OPERATION

**Fitness Center Bldg 867**

**(904) 542-3518**

**Mon-Thur: 0500-2000**

**Fri: 0500-1900**

**Sat-Sun: 0700-1500**

**Holidays: 0700-1500 (No  
Group Fitness Classes)**

**Base Gym Bldg 614**

**(904) 542-2930/3239**

**Mon-Thur: 0500-2000**

**Fri: 0500-1900**

**Sat-Sun: 0900-1700**

**Holidays: 0700-1700 (No  
Group Fitness Classes)**

**NOFFS Zone**

**Mon-Thur: 0700-1900**

**Fri: 0700-1800**

**Sat-Sun: 0700-1500 (No  
equipment checkout)**

**Holidays: 0700-1500 (No  
equipment checkout)**