NAS Jacksonville Group Fitness Schedule April 2026

Effective April 1, 2026

FITNESS CENTER					
Time	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
1100		Muscle Max (JP)		Muscle Max (JP)	Yoga Flow (Val)
1200	Pilates (Val)		Yoga Sculpt (Val)		
1630		Zumba (Terry)		Zumba (Terry)	
SPIN ZONE					
0700		Spin (Meg)		Spin (Meg)	
1100	Spin (Heather)		Spin (Sammie)		
HPT/NOFFS ZONE					
0800 - 0900	Open Command PT (Abe)	Open Command PT (Meg)	Open Command PT (Meg)	Open Command PT (Sammie)	Run/Regen At Antenna Farm 0700 | Open to all hands
1000	Functional Training (Abe)		Functional Training (Abe)		
1200	HPT (Heather)	HPT (Heather)	HPT (Heather)	HPT (Heather)	
1300 – 1400 1400 - 1500	Open Command PT (1300 – James) (1400 – Bri)	Open Command PT (1300 – James) (1400 – Bri)	Open Command PT (1300 – James) (1400 – Bri)	Open Command PT (1300 – James) (1400 – Bri)	
AQUATICS					
1200		Hydro Max (Sammie) Indoor Pool		Hydro Max (Sammie) Indoor Pool	

<u>Group Fitness Class Descriptions</u>: (Duration of classes 45-55 min per instructor,
***indicates 30-minute express class)**

Open Command PT (LOCATION – NOFFS ZONE) : An Active-Duty Physical training session lead by NAS Jacksonville Fitness Specialists. The PTs are based on NOFFS Principles. All sessions 45 – 55 minutes.

Morning Sessions: 0800 – 0900
Afternoon Sessions: 1300 – 1400 & 1400 – 1500

Run/Regen - FRIDAYS ONLY @ 0700 (LOCATION – ANTENNA FARM) - An Active-Duty Physical training 5 k run (3.1 miles) starting at the Antenna Farm. Nas Jacksonville Fitness Specialists will lead a warmup before the run starts followed by a cooldown after the run is completed focusing on regeneration/recovery.

Muscle Max: This class is 100% muscular endurance from head to toe using a variety of equipment to perform strength exercises.

Pilates: Pilates uses a combination of approximately 50 simple, repetitive exercises to create muscular exertion. Exercises can be adapted to provide either gentle strength training for rehabilitation or a strenuous workout vigorous enough to challenge skilled athletes**.**

Strength Circuit: This class will introduce you to strength training followed by similar movement. It targets strength building and muscular endurance. Can be scaled to any fitness level.

H.P.T. (High Performance Training): This class is composed 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!

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; see what the buzz is about! Don't forget to bring water**!**

Yoga Sculpt: This class combines traditional poses (Asanas) that are held longer than in traditional Yoga flow. The purpose is to apply moderate stress to connective tissue – the tendons, fascia and ligaments, with the aim of increasing circulation in the joints and increasing flexibility.

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 level.

Functional Strength Training: Focuses on exercises that mimic everyday movements, improving your ability to perform daily tasks with ease and reducing the risk of injury.

Zumba: A fitness class that combines Latin and international music with dance moves, creating a high-energy, fun workout.

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.

MWR FITNESS