

**HOURS OF OPERATION**  
(No group fitness classes on holidays)

Fitness Center Bldg 867

(904) 542-3518

Mon-Thu: 0500-2000

Fri: 0500-1900

Sat-Sun: 0700-1500

Holidays: 0700-1500

Base Gym Bldg 614

(904) 542-2930/3239

Mon-Thu: 0500-2000

Fri: 0500-1900

Sat: 0900-1700

Sun & Holidays: CLOSED

# NAS Jacksonville

## Group Fitness

## Schedule

## April 2024

Effective April 1, 2024



\* Indicates 30-45 min express class

### FITNESS CENTER

<u>Time</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
0700			Command PT		Command PT
1100	Zumba (Carol)	Muscle Max (JP)	*Pound (Carol)	Muscle Max (JP)	Yoga Flow (Val)
1200	*CIRCL Mobility (Carol)	*Total Row (Jeanne)	Yoga Sculpt (Val)	*Total Row (Sammie)	
1630	Muscle Max (Kevin)		Women's Self Defense (Santos)	Basic Martial Arts (Kevin)	

### SPIN ZONE

1100	Spin (Rotating)		Spin (Heather)		
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### HPT/NOFFS ZONE

0630		*HPT Metcon (ESD) (Jeanne)		*HPT Metcon (ESD) (Jeanne)	
1100	TRX Fusion (Santos)		Circuit Conditioning (Santos)		
1200	HPT (Heather)	HPT (Heather)	HPT (Sammie)	HPT (Heather)	

### INDOOR POOL

1200		Aqua Zumba (Carol)		Hydro Max (Jeanne)	
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**Group Fitness Class Descriptions: (Duration of classes 45-55 min per instructor, \*indicates 30-45 minute express class)**

**Circuit Conditioning:** This is a total body conditioning class that involves strength training, high-intensity training and muscular endurance training. The exercises are performed in a circuit using the NOFFS (Navy Operational Fitness and Fueling System) principles.

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

**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!

**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!

**\*H.P.T. (High Performance Training) Metcon (ESD):** This class is similar to HPT but with more focus on metabolic conditioning or ESD (Energy System Development). ESD consists of movements and modalities designed to target and develop the body's energy systems and is an effective way to burn calories.

**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!

**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.

**\*CIRCL Mobility:** Release, restore, renew. This class focuses on flexibility, breathwork and mobility exercises. It helps release stress, restore range of motion and renew ability to move better and longer.

**Women's Self Defense:** This class teaches women self-defense moves and tactics to help stay out of undesirable situations.

**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.

**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.

**Zumba:** Zumba is exercise in disguise. It's a fusion of Latin and international music – dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. 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. Bring your own mat and water.

**Martial Arts Basics:** Learn the fundamentals of proper form for striking and self defense by practicing execution of various hand, leg and grappling techniques. All skill levels welcome from novice to advanced. Improves endurance, mobility and confidence

**Total Row:** This is a 30-45 total rowing class that will help increase cardiovascular endurance, strength and help prepare you for the PRT. This class is low impact and challenging for all.

