



NAS Jacksonville Group Fitness Schedule November 2026 Effective November 1, 2026



FITNESS CENTER

<u>Time</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
1100		Muscle Max (JP)		Muscle Max (JP)	
1200	Pilates (Val)		Yoga Sculpt (Val)		Yoga Flow (Val)
1630		Zumba (Terry)	Stretch and Mobility (Anna)	Zumba (Terry)	

SPIN ZONE

1100	Spin (Heather)		Spin (Meg)		
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HPT/NOFFS ZONE

0800 - 0900	Open Command PT (Abe)	Open Command PT (Bri)	Open Command PT (Abe)	Open Command PT (Bri)	Flight Line Fitness
1100	Functional Training (Bri)		Functional Training (Bri)		
1200	HPT/Weightlifting (Heather/Abe)	HPT/Weightlifting (Heather/Abe)	HPT/Weightlifting (Heather/Abe)	HPT/Weightlifting (Heather/Abe)	
1300 – 1400 1400 - 1500	Open Command PT (1300 – James) (1400 – Tyler)	Open Command PT (1300 – James) (1400 – Tyler)	Open Command PT (1300 – James) (1400 – Tyler)	Open Command PT (1300 – James) (1400 – Tyler)	

AQUATICS-Indoor Pool

1200		Hydro Max (Allisa)		Hydro Max (Allisa)	
1700		Swim Clinic Adults		Swim Clinic Adults	
1800		Swim Clinic Teens		Swim Clinic Teens	

Group Fitness Class Descriptions: (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 Monday – Thursday Sessions: 0800 – 0900

Afternoon Monday – Thursday Sessions: 1300 – 1400 & 1400 – 1500

Fitness Center 904-542-3518

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.

Stretch and Mobility: Beginner friendly class, using different methods for recovery. Gentle stretch, foam rolling, message sticks, trigger point therapy and percussion devices.

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

Hydro Max: Indoor Pool; Low impact muscle-strengthen and cardio with no joint impact.

Swim Clinic: Low-impact workout including a warm-up, Stroke technique and guidance on becoming a more efficient swimmer. This clinic is for ages 16 and up.

Flight Line Fitness: Schedule a command PT at your command or a location outside of the fitness center, see the fitness staff for more information.



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