



NAS Jacksonville

Group Fitness

Schedule

October 2026

Effective October 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)	Yoga Flow (Val)
1200	Pilates (Val)		Yoga Sculpt (Val)		
1630		Zumba (Terry)		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 – Bri)	Open Command PT (1300 – James) (1400 – Bri)	Open Command PT (1300 – James) (1400 – Bri)	Open Command PT (1300 – James) (1400 – Bri)	

AQUATICS-Indoor Pool

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 & Wednesday Sessions: 0800 – 0900

Afternoon Sessions: 1300 – 1400 & 1400 – 1500

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.

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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