

# NAS WHIDBEY ISLAND • FITNESS CENTER

## GROUP FITNESS CLASSES

## DEC 2023

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30 a.m.			Bootcamp		Indoor Cycling	Kettlebell & Core
7:00 a.m.		*NOFFS/FEP		*NOFFS/FEP		*NOFFS/FEP
10:00 a.m.	Yoga	ViPR® Pro			TRX®	
11:00 a.m.			Group Strength	Kettlebell & Core	HIIT	NOFFS Regeneration
3:00 p.m.		*NOFFS/FEP	Tabata Fitness	*NOFFS/FEP		*NOFFS/FEP
4:30 p.m.		Indoor Cycling				Warrior Strength®/ Circuit Training
5:00 p.m.			Yoga	Pedal & Pump	Yoga	
5:30 p.m.		Zumba® /COMMIT Dance Fitness				

**Fitness Center is closed December 25 for Christmas Day. All fitness classes those days are cancelled.**

Mission Nutrition : December 5 – 8 a.m. to 3 p.m. Sign up at front desk

Bike, Row, Run (BRR ) Challenge: December 8 at 11 a.m. Sign up at front desk or on myFFR website

NOFFS Operational: December 12 – 7 a.m. to 3 p.m. Sign up at front desk

YOUTH/ADULT EQUIPMENT ORIENTATION available upon request NASWIMWRFitness.cnrnw@navy.mil

500/1000 lb. club available upon request NASWIMWRFitness.cnrnw@navy.mil



SCAN FOR DETAILS



SATISFACTION SURVEY



**HOURS: MON-FRI: 5 A.M.– 11 P.M.  
SAT-SUN: 8 A.M-6 P.M.  
CLOSED HOLIDAYS**



navylifeprnw.com



@WhidbeyFFR

## NASWI'S GROUP FITNESS - OFFERS ALL COMPONENTS OF FITNESS

**\*NASWI'S MWR FEP PROGRAM:** The focus of the classes with asterisks are to help prepare the Active Duty Sailor to pass, improve or excel in all the aspects of the PFA – Strength, Cardio and Flexibility. These classes will use NOFFS concepts to develop a workout program for the Sailors who attend. Our instructors plan serious workouts that must follow all aspects of the OPNAVINST 6110.1K.

### “FUSION”

**Bootcamp:** This workout will surely get the sweat pouring! Definition of bootcamp in the dictionary is “a short, intensive, and rigorous course of training.” Be ready for a cardio and strength challenge!

**HIIT:** High Intensity Interval Training. This class is a total-body program that incorporates strength training, cardio, and core work. It challenges your entire body with timed high intensity intervals and short duration exercises.

**NOFFS** (Navy Operation Fitness and Fueling Series)/FEP: Using the latest sports science methodologies the logic engine for NOFFS combines both human performance and injury prevention strategies, resulting in safer training while yielding positive human performance outcomes.

**Pedal & Pump:** A high-energy full body workout that includes interval training of both cycle and strength exercises, guaranteed to leave you sweaty and strong! 30 minutes of indoor cycling and 30 minutes of strength moves utilizing TRX or other weights.

**Tabata Fitness:** This class challenges your entire body with timed high intensity intervals and short duration exercises. These bursts of intense work will torch calories, build muscle and scorch body fat.

**ViPR Pro®:** This class is a total-body program that incorporates strength training, cardio, and core work using the ViPR Pro equipment.

**ZUMBA®/COMMIT Dance Fitness:** 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.

### “FLEXIBILITY”

**Yoga:** Whether you're in the mood for relaxation or wanting to advance further, this class will ease your body into its youthful state of flexibility while increasing lower body and core strength, balance and flexibility.

**NOFFS Regeneration:** Movements in these sessions will focus on soft tissue self-massage utilizing foam roller and trigger point balls, as well as flexibility routines (i.e. stretching).

### “CARDIOVASCULAR”

**Indoor Cycling:** Go for a ride inside! A fun high-energy ride with both cardiovascular and strength training combined for MAJOR caloric expenditure. A journey of hills, sprints, lifts, and jogs while listening to great music! You can burn a ton of calories too.

### “STRENGTH”

**Group Strength:** Be ready to fatigue all your muscles (upper & lower body) for stronger more sculpted muscles while at the same time receiving cardiovascular benefits. This is a low impact class but you will surely break a sweat!

**Kettlebell & Core:** This 30-minute class uses kettlebells and core work to give you a short, yet effective workout. You definitely have time for this class!

**TRX® :** Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. A great full body workout for ALL levels!

**Warrior Strength®:** A functional training class for all levels and types who want to sweat and feel their muscles burn! This is a full body interval workout with the emphasis on cardio and strength. Guaranteed to sweat!

**500/1000 lb Club:** Here is your opportunity to show how much you can squat, deadlift and bench press. Totals must add up to 500 for women or 1000 lbs for men or women. Done in the NOFFS Zone. Sign up via email.