



NAS Whidbey Island
FITNESS PROGRAM SCHEDULE
 360.257.2420 • 360.257.2433 • 360.257.6936
www.navylifepnw.com

**September
2022**

Hours: Mon-Fri: 5 a.m.- 9 p.m. Sat/Sun: 11 a.m-4 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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GROUP FITNESS CLASS SCHEDULE

6:00 a.m.		Indoor Cycling				
7:00 a.m.	*Fitness Enhancement Program		*Fitness Enhancement Program		*Fitness Enhancement Program	
11:00 a.m.		Group Strength		HIIT	Yoga	Yoga (no class Sep 10)
11:30 a.m.			Tai Chi			
3:00 p.m.	*Fitness Enhancement Program		*Fitness Enhancement Program		*Fitness Enhancement Program	
4:30 p.m.			Yoga 101			
5:00 p.m.		Circuit Training		Pedal & Pump		
5:45 p.m.	Zumba©		COMMIT© Dance Fitness			

Fitness center closed September 5 for Labor Day and September 10 for the Summer Music Festival.

2022 Run the Northwest Virtual Run Series – Hood Canal Bridge 10k September 1-30 Sign up at front desk or MyFFR#600001

Open House Flight Line 5k – September 17 – 8 a.m. Sign up at front desk or MyFFR#610215

NOFFS Ops Course on September 8 from 7-11 a.m. MyFFR#610651

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

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

Class Fees: FREE to active duty/reservists, retirees and their family members! DoD civilians: \$3.50 per class; \$5.50 user fee for DoD Contractor per class; \$3.50 for ages 7 – 15 years (child must have gone through a Youth Orientation PRIOR to participating in ANY class).

Fitness Center Entry Fees: FREE to active duty/reservists, retirees and their family members & DOD Civilians! Adult guests are \$5.50 daily/7-15 years old are \$3.50 daily/ 6 & under are FREE.

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 provide fitness activities beyond regimented calisthenics and formation runs. Our instructors plan serious workouts that must follow all aspects of the OPNAVINST 6110.1J

“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! Never the same thing each class!

Weightlifting 101: Learn the proper form, techniques and progressions to start weightlifting on your own.

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.

“FUSION”

COMMIT© Dance Fitness: A dynamic, fun-filled HIIT-style dance workout for all levels. Each routine is a fun, high-intensity, highly-effective dance-fitness workout that uses popular hip-hop music to create an aggressive, athletic workout. This workout is designed for all fitness levels and encourages a positive, non-judgmental atmosphere.

***Fitness Enhancement Program (FEP):** FEP sessions include activities to promote moderately intense aerobic development, muscular strength, endurance, and flexibility.

Circuit Training: A combination of strength and cardio conditioning, supporting every day demands of real life activities, within a circuit workout routine.

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. These bursts of intense work will torch calories, build muscle and scorch body fat. Be prepared to have a boost post exercise calorie burn when it's all over.

NOFFS (Navy Operation Fitness and Fueling Series): 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. The exercises used in NOFFS are designed to replicate the activities of lifting, pushing, pulling, and carrying.

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.

ZUMBA®: 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”

Tai Chi: It is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

Yoga/Yoga 101: It is said that Yoga is the “new aspirin”. 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. **Yoga 101** utilizes basic asana yoga moves in class. A great class to go to if new to yoga!

“NUTRITION”

Mission Nutrition: A nutrition class for those who want to increase their understanding of food and weight relationships. Learn how to shop wisely, build meals and understand external factors that affect eating habits as well as information on fad diets, sports nutrition and supplements. Open to AD, Retirees, DoD Civilians and AD/Retiree family members ages 13 or older.

Scan the QR code to give us your feedback...tell us what classes and events you like to see.

