



**NAS Whidbey Island**  
**FITNESS PROGRAM SCHEDULE**  
360.257.2420 • 360.257.2433 • 360.257.6936  
[www.navalifepnw.com](http://www.navalifepnw.com)



**November 2023**

**Hours:** Mon-Fri: 5 a.m.- 9 p.m. Sat/Sun: 8 a.m-5 p.m. Closed holidays.

**GROUP FITNESS CLASS SCHEDULE**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 a.m.		Bootcamp		Indoor Cycling	Kettlebell & Core (30 minute class)	
7:00 a.m.	*NOFFS/FEP		*NOFFS/FEP		*NOFFS/FEP	
10:00 a.m.	ViPR® Pro		Tai Chi (no class Nov 1)	TRX®		Yoga (no class Nov 4)
11:00 a.m.		Group Strength	Kettlebell & Core (30 minute class)	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	Kickboxing		
5:30 p.m.	Zumba®/COMMIT Dance Fitness					

**Fitness Center is closed November 23 for Thanksgiving Day. November 25 open from 8 a.m to 5 p.m. All fitness classes those days are cancelled.**

**Mission Nutrition** – November 7 – 8 a.m. to 3:30 p.m. Sign up at front desk

**NOFFS Operational** – November 14 – 7 a.m. to 3 p.m. Sign up at front desk

**Harvest Hustle 5k/10k** – November 18 – 9 a.m.-11 a.m. Sign up at front desk or on myFFR website

**Harvest Turn 'n' Burn Indoor Cycle event** – November 22 – 11 a.m. to 12:30 p.m. Sign up at front desk or on myFFR website

YOUTH/ADULT EQUIPMENT ORIENTATION available upon request [NASWIMWRFitness.cnrnw@navy.mil](mailto:NASWIMWRFitness.cnrnw@navy.mil)

500/1000 lb. club available upon request [NASWIMWRFitness.cnrnw@navy.mil](mailto: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 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. 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.

**Kickboxing:** Workout with a power and punch! This is an energetic group exercise class that stimulates the body and mind to function at its best. Jab, Hook, Uppercut, Kick combos & more – major high energy with rockin' tunes! We draw from other martial arts disciplines (i.e., karate, kung fu, tai-kwan-do, etc) Includes boxing gloves, bags, drills, jump ropes, & circuits.

**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. 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.

**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"***

**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:** 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.

**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). These strategies will help rebalance the length & tension of your muscles, break up knots and reduce stiffness, and increase circulation to flush your system and re-energize your body.

## ***"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!

**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. It requires the use of the TRX Suspension Trainer, a highly portable performance training tool that leverages gravity and the user's body weight to complete hundreds of exercises. 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.

Scan the QR code to  
give us your feedback.

