



NAS WHIDBEY ISLAND • FITNESS CENTER

# GROUP FITNESS CLASSES

NOV 2024

|            | MONDAY         | TUESDAY                            | WEDNESDAY    | THURSDAY       | FRIDAY     | SATURDAY  |
|------------|----------------|------------------------------------|--------------|----------------|------------|---|
| 5:30 a.m.  |                | Bootcamp                           |              | Power Pedal 30 | Body Blast | <br> |
| 7:00 a.m.  | *NOFFS/FEP     |                                    | *NOFFS/FEP   |                | *NOFFS/FEP |   |
| 10:00 a.m. |                |                                    | TRX®         |                |            |   |
| 11:00 a.m. | Functional Fit | Group Strength                     | Tai Chi      | HIIT           | Yoga       |   |
| 3:00 p.m.  | *NOFFS/FEP     | Tabata Fitness<br>(starts at 3:15) | *NOFFS/FEP   |                | *NOFFS/FEP |   |
| 4:30 p.m.  |                |                                    | Pedal & Pump |                |            |   |
| 5:00 p.m.  |                | Yoga                               |              | Kickboxing     |            |   |
| 5:30 p.m.  | MixedFit®      |                                    | MixedFit®    |                |            |   |

Fitness Center is open, but unmanned on Veterans' Day, Thanksgiving Day, & Nov 29. All fitness classes those days are cancelled.

Turkey Trot 5k/10k—Nov. 23 at 9 a.m. at Fitness Center. Register on myFFR or at front desk. Free event!

Tour de Thanksgiving Indoor event—Nov. 27 at 11 a.m. at Fitness Center. Register on myFFR or at front desk. Free event!

NOFFS Operational Course — Nov. 5 at 7 a.m. to 3 p.m. / Mission Nutrition —Nov. 13 from 8 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



**OPEN 24 HOURS!**

**MANNED HOURS:** MON-FRI 5 A.M.—9 P.M.

SAT/SUN 5 A.M.—8 P.M.

**UNMANNED HOURS:** 8/9 P.M.—5 A.M &

ALL HOLIDAYS



navylifepnw.com



@WhidbeyFFR

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

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.

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 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”

**Body Blast:** A combination of strength and core conditioning, supporting every day demands of real life activities, within a circuit workout routine.

**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!

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

**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.

**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 including use of 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.

**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.

**MixedFit®:** 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:** 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:** 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.

### “CARDIOVASCULAR”

**Power Pedal 30:** Go for a 30 minute 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!

**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!

**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.