



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

AUGUST 2019

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

AUGUST SCHEDULE - GROUP FITNESS CLASSES

6:00 am	HIIT	Indoor Cycling	HIIT	Indoor Cycling		
7:00 am	*Fitness Enhancement Program		*Fitness Enhancement Program		*Fitness Enhancement Program	
9:00 am		Tai Chi				Indoor Cycling
9:30 am				Family Fit		
10:00 am						Strength & Cardio
11:00 am	Group Strength	Yoga	Tabata Totalbody	Yoga	3-2-1 Kick/Piyo®	
11:30 am		500/1000 lb Club (6th & 20 August only)				
12:00 pm					Tai Chi	
12:15 pm				TRX		
3:00 pm	*Fitness Enhancement Program		*Fitness Enhancement Program		*Fitness Enhancement Program	
4:00 pm			Yoga 101			
5:00 pm		Bootcamp	Strength & Cardio	Kickboxing (w/ bags) COMMIT Dance Fitness		
6:00 pm	Indoor Cycling COMMIT Dance Fitness	Yoga	Indoor Cycling			

ALL CLASSES canceled on 16 & 17 August in support of the 5th Annual MWR Appreciation Concert.

Growler 8k on 2nd - MyFFR#610217/ Pet Nature Walk on 23rd - MyFFR#610218
NOFFS Operational Course on 9th - MyFFR#610651-8//
CFL Course (Active Duty only) 12-16 August - Register through CNIC via navyfitness.org
YOUTH/ADULT EQUIPMENT ORIENTATION will be offered on the 23rd @ 4pm
Call 360-257-2420 for further information

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 10 - 14 years (child must have gone through a Youth Orientation PRIOR to participating in ANY class. COMMIT Dance Fitness- Free to Active Duty. Cost for Family Members, Retirees, DoD Civilians \$3.50. Cost for Contractors and Guests \$5.50, 10 Class Punch Card \$30.00.

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

“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'll surely break a sweat!

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!!!

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 at least 15 minutes prior and make sure your muscles are warmed up. Max of 4 people per session.

“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.

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, kalahi, kung fu, tai-kwan-do, etc) Includes boxing gloves, bags, drills, jump ropes, & circuits.

“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!

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.

Family Fit: An interactive class for parents and little ones! Learn how to get a full body workout (cardio, core, and strength) while also having fun. Focus is to teach families how to work out with the minimal equipment Age limit is 5 and under.

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.

3-2-1 Kick! / Piyo: A combined class with 2 sets of kickboxing moves, strength exercises, and core exercises followed by Piyo, which is a low-impact workout that strengthens and sculpts the body, and enhances flexibility...all to upbeat music. Sure to get your sweat on!

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.

Strength & Cardio: Strength & conditioning workout focusing on improving both muscular strength and cardiovascular endurance. Get ready to use ALL kinds of equipment (barbells, kettlebells, sandbags, etc.) to maximize your workout! All levels are welcome.

Tabata Totalbody: 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.

“FLEXIBILITY”

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.

Yoga 101: All levels welcome. **Anusara** yoga focuses on body and mind aspect, along with alignment. Helps to find center, balance and feel empowered.

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.

Regeneration: After working out our muscles in all the ways we do, it is wise to help those muscles regenerate. In this class you will use rolling and stretching techniques to allow your muscles to heal properly.