

NAVAL RESEARCH LAB GROUP EXERCISE CLASSES

CLASSES ARE HELD IN THE RAINBOW ROOM (AEROBICS ROOM) IN BUILDING 52

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
NO CLASSES SCHEDULED	1100-1145 TABATA	1100-1140 YOGA	NO CLASSES SCHEDULED

GROUP EXERCISE CLASS DESCRIPTIONS

TABATA

Tabata class is a total-body program that incorporates strength training, cardio, core work and flexibility. It challenges your entire body with moderate- intensity, short duration exercises. . Tabata features 20 second intervals of exercise, followed by 10 seconds of rest, repeated eight times. These bursts of intense work will torch calories and strengthen your entire body.

YOGA

Develop Strength, muscle tone, and flexibility with the union occurring between mind, body, and spirit. De-stress your day!

ACTIVE DUTY MILITARY PERSONNEL - FREE
DOD CIVILIANS & CONTRACTORS
\$4/CLASS | \$24/8 CLASSES | \$50/20 CLASSES



Naval Support Activity Washington
Naval Research Lab - Fitness Program
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