

# FITNESS GROUP EXERCISE MAY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	0700-0730 COMMAND FITNESS	0700-0730 COMMAND FITNESS		0700-0730 COMMAND FITNESS
1100-1145 H.I.I.T.	1100-1145 GUTS & BUTTS (GBT)	1100-1145 PILATES	1100-1145 CYCLING	1100-1145 DELVIN'S CHALLENGE
1200-1245 SPORTS CONDITIONING	1200-1245 YOGA	1200-1245 PUMP IT UP	1200-1245 15 ALL	
1415-1500 SPIN & TONE	1300-1345 CYCLING	1300-1330 AB SANITY	1300-1345 NOFFS	
1730-1830 *TAE KWON DO				

## COST

Active-duty, Retired, Reservists and Dependents - FREE

DoD civilians and contractors  
\$4/class | \$24/eight classes | \$50/20 classes  
\$90/6 month unlimited class pass

## LOCATION

Washington Navy Yard Fitness Center  
Group Exercise Room  
Fitness Center THIRD FLOOR

### \*Tae Kwon Do Class

\$50 for 8-week Session (all patrons);  
Please contact the front desk  
for session start dates!

Command Fitness Classes  
are available upon request.

For more information call  
202-433-2282 or visit  
[www.navy.mwr.washington.com](http://www.navy.mwr.washington.com)



# CLASS DESCRIPTIONS

**15-all:** Ever thought of having three workouts in one? Get your total-body workout through 15 minutes of strength training, 15 minutes of cardiovascular conditioning and 15 minutes of core and flexibility exercises.

**Ab-Sanity:** 30 minute high intensity abdominal focused training.

**Command Fitness:** You can command power, strength and agility with this military- inspired circuit workout that pushes your body to the limit! This exercise may also assist in improving your PRT scores. As you maneuver your way through the stations, you run, lunge and crunch for a full-body workout. Commands have priority registration for this course. All other patrons are welcome to join in on this intense and fun workout!

**Cycling:** This class offers an intense stationary bike workout that simulates an outdoor bike ride. Through tension adjustments and pedaling techniques, you encounter straight-a-ways, steep hills and rolling terrains that correspond to the difficulty of an outdoor ride. This class makes you sweat!

**Delvin's Challenge:** The instructor, awarded DC's 2015 Best Personal Trainer, chooses the workout for the day. If you like a challenge then please come out and be amazed. This class is only for the spontaneous at heart!

**GBT (Guts, Butts, and Thighs):** This class focuses on your lower body! Sculpt, shape, and strengthen your core, glutes, quads, hamstrings and calves.

**H.I.I.T (High-Intensity Interval Training):** This creative and fun workout alternates between cardio drills and strength training intervals. The overall-body training session is designed to burn the maximum amount of calories. The cardiovascular workout improves the efficiency of your heart, lungs and circulatory system through continuous effort that elevates your heart rate. Also, the sustained movement is great for burning calories and increasing endurance.

**NOFFS (Navy Operational Fitness and Fueling System):** The NOFFS series includes: STRENGTH, ENDURANCE and SANDBAG. It combines both human performance and injury prevention strategies, resulting in safer training while yielding positive human performance outcomes. This class includes exercises used in operational duties such as, lifting, pushing, pulling and carrying. The class objective includes aerobic/anaerobic, body movement skills with balance, agility and coordination. This class is for all fitness levels. For more information, visit [www.navyfitness.org](http://www.navyfitness.org).

**Pilates:** This method of exercise consists of low-impact flexibility, muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance.

**Pump It Up:** An overall tone and sculpt class guaranteed to get you in the best shape of your life. This class uses barbells to increase endurance and strength of your major muscle groups while having fun in the process.

**Spin & Tone:** This class provides a fun, challenging cardiovascular cycling workout for all fitness levels. This class will incorporate strength training techniques that will tone your abs glutes, legs and arms.

**Sports Conditioning:** This format combines different training principals to amplify athletic performance. The competitive type drills will be designed to create strong, lean, agile, flexible bodies.

**Tae Kwon Do:** Learn self-defense through this Korean martial art. This class increases flexibility, coordination and confidence!

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