WASHINGTON NAVY YARD

GROUP FITNESS CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1230		POWER PUMP*			
1400			YOGA*	CYCLE*	

CLASS DESCRIPTIONS

POWER PUMP: A full body workout that targets every muscle group using light-medium weights.

CYCLE: An indoor cycling experience sequenced to music to make you FEEL THE RIDE while getting that heart rate pumping!

YOGA: A breath-linked flow that will stretch and tone the body while calling the mind and spirit into alignment.

<*Mizani Fitness Instructor>

Class Schedule & Price as of August 2026

PRICES

ACTIVE DUTY, RETIRED, RESERVISTS & DEPENDENTS
FREE

COMMAND FITNESS CLASSES
Available upon request.

DOD CIVILIANS, CONTRACTORS and ALL OTHERS
$5 per class
$30 - 8-class pass
$60 - 20-class pass

WASHINGTON NAVY YARD FITNESS CENTER, BLDG. 22
GROUP EXERCISE ROOM
3RD FLOOR
(202) 433-2282
MWR.FITNESS.NSAW@US.NAVY.MIL

HOURS OF OPERATION
Monday-Friday, 0500-1900