

# WASHINGTON NAVY YARD GROUP FITNESS CLASSES

**Hours of Operation**  
Monday-Friday, 5 a.m.-7 p.m.

Time	Monday	Tuesday	Wednesday	Thursday	Friday
7 a.m.		<b>Command Fitness</b>	<b>Command Fitness</b>		<b>Command Fitness</b>
10:30 a.m.				<b>NOFFS</b>	
11:30 a.m.	<b>H.I.I.T.</b>	<b>Yoga</b>	<b>AB-Sanity</b>	<b>Yoga</b>	<b>Delvin's Challenge</b>
12:30 p.m.	<b>15-ALL</b>	<b>Spin</b>	<b>Pump It Up</b>	<b>AB-Normal</b>	
2:15 p.m.	<b>Spin</b>				
4 p.m.					
4:30 p.m.				<b>Zumba</b>	
5:30 p.m.	<b>*Tae Kwon Do</b>				

## ACTIVE DUTY, RETIRED, RESERVISTS & DEPENDENTS

**FREE**

## DOD CIVILIANS & CONTRACTORS

**\$4/class | \$24/eight classes | \$50/20 classes  
\$90/6-month Unlimited Class Pass**

## \*TAE KWON DO CLASS

\$50 for 8-week session (all patrons)  
Please contact the Fitness Center for session start dates!

## COMMAND FITNESS CLASSES

Available upon request.



**STAY  
CONNECTED**



## **Group Fitness Class Descriptions:** (Classes are 30-50 minutes long)

**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-Normal:** 45 minute moderate intensity abdominal focused training.

**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!

**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!

**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).

**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:** 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!

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

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

**Zumba:** This class is a fusion of body sculpting movements and easy-to-follow dance steps to the tune of Latin and international music. The routine features aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt your body.



**Washington Navy Yard  
Fitness Center, Bldg. 22  
Group Exercise Room  
3rd Floor  
202-433-2282**

**Hours of Operation**  
Monday-Friday, 5 a.m.-7 p.m.