

WASHINGTON NAVY YARD GROUP FITNESS CLASSES



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1230		BOOTCAMP*		CYCLE*	
1400			YOGA*		
1600			 NEW ZUMBA STARTS MAY 6TH		

CLASS DESCRIPTIONS

BOOTCAMP: You can command power, strength and agility with this military inspired workout that pushes your body to the limit! Exercises may also assist in improving your PRT scores. A high intensity workout that includes bodyweight circuits and interval training guaranteed to make you sweat!

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.

ZUMBA: High energy dance fitness class that combines Latin and international with easy-to-follow choreography for a fun, full-body workout.

***Mizani Fitness Instructor**

Class Schedule & Price as of April 2026

PRICES

**ACTIVE DUTY, RETIRED,
RESERVISTS & DEPENDENTS**
FREE

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

COMMAND FITNESS CLASSES
Available upon request.

**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