

# WASHINGTON NAVY YARD GROUP FITNESS CLASSES

## HOURS OF OPERATION

Monday-Friday, 5 a.m.-7 p.m.

Time	Monday	Tuesday	Wednesday	Thursday	Friday

**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**

**NSA WASHINGTON**

@NSAWFFR  
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 @NSAWFFR  
 NAVY/MWR NDW

## **Group Fitness Class Descriptions:** (Classes are 30-60 minutes long)

**Body Blast:** 30 minute full body workout incorporating the TRX Suspension Trainer.

**Bootcamp Express:** Quick 30-minute bootcamp full of intense exercise stations working your entire body, melting fat, building muscle and endurance. Helping you to become fit in time.

**Endure:** Full body HIIT class that takes your body to the edge. Build muscle endurance and strength in addition to heart pumping cardiovascular work that builds the muscle that matters the most.

**Functional Fitness:** 45-minute workout using TRX Suspension Trainer, kettle bells, medicine balls, and more that focuses on your entire body to improve mobility, endurance, agility, balance, and flexibility.

**Lean:** Get lean and mean. Build muscle and burn fat like a smooth running machine. Use dumbbells, barbells, bodyweight and more to build a lean physique.

**Power Pump:** A full body tone and sculpt class that uses barbells and weights to improve muscle endurance and strength.

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

**TRX Basics:** For vets and novices, learn and fine-tune TRX Suspension Training fundamentals. Focus on form and fundamentals to improve mobility, core strength and stability. Progress to the Functional Fitness and Body Blast classes.

**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 hythms that tone and sculpt your body.



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

**202-433-2282**

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