

WASHINGTON NAVY YARD GROUP FITNESS CLASSES



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NEW 1230		BOOTCAMP*		CYCLE*	
1400			YOGA*		

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.

<*Mizani Fitness Instructor>

<<Class Schedule & Price as of September 2, 2025>>

PRICES

COMMAND FITNESS CLASSES

Available upon request.

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

DOD CIVILIANS, CONTRACTORS and ALL OTHERS
\$5/class | \$30/8 classes | \$60/20 Classes
\$90/6-month Unlimited 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