



WASHINGTON NAVY YARD GROUP FITNESS CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1200		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 April 14, 2025>>

PRICES

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

COMMAND FITNESS CLASSES
Available upon request.

DOD CIVILIANS & CONTRACTORS
\$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