

# WASHINGTON NAVY YARD GROUP FITNESS CLASSES



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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>

## PRICES

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

**COMMAND FITNESS CLASSES**  
Available upon request.

**DOD CIVILIANS, CONTRACTORS  
and ALL OTHERS**  
\$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