

# GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>SPIN</b> 6:30 - 7:30 A.M.	<b>RISE AND GRIND</b> 6:30 - 7:30 A.M.	<b>CARDIO MIX</b> 9 - 10 A.M.	<b>YOGA</b> 6:30 - 7:30 A.M.		<b>HIIT</b> 9 - 10 A.M.
<b>MOMMY MADNESS</b> 10 - 11 A.M.		<b>MOMMY MADNESS</b> 10 - 11 A.M.	<b>BOX FIT</b> 11 A.M. - NOON		<b>YOGA</b> 10 - 11 A.M.
<b>NOFFS</b> 11 A.M. - NOON	<b>KICK BOX</b> 11 A.M. - NOON	<b>CORE/ REGENERATION</b> 11 A.M. - NOON			

## HORNET'S NEST

Fitness Center (Bldg. 529)

Monday through Thursday, 6 a.m. to 7 p.m.

Friday, 6 a.m. to 4 p.m.

Not open weekends.

All classes are held at the Hornet's Nest Fitness Center and are FREE to active duty, retirees, Reservists, eligible family members & DoD civilians. Classes are subject to change according to demand.

# 757-433-3928

CLASS DESCRIPTIONS ON BACK.

# CLASS DESCRIPTIONS

## CARDIO MIX

Improve your cardiovascular fitness level with a variety of workouts. Low impact, high impact, HIIT, and body weight exercises will all be used to maximize results!

## HIIT

Increase strength and endurance with a high intensity interval workouts. This will push you to be your best physical self!

## Kick Box and Box Fit

Classes are designed to enhance cardiovascular and muscular strength with non-contact martial arts moves and boxing techniques. Box Fit includes contact hits and bag work.

## MOMMY MADNESS

Bring your little ones and join us for a full body workout combining cardio and weights. All levels pre and post natal.

## CORE/REGENERATION

A critical component to any training program, recovery brings balance back to your body, helping to relieve tension and associated aches and pains, while enhancing your body's response to the training. The regeneration strategies include muscle regeneration sessions to

help you balance the work you put into your training sessions with movements designed to help your body recover efficiently.

## NOFFS Strength

A complete physical training program that will “eliminate the guesswork”. The Strength Series helps develop the strength that is needed to perform at the highest of levels. There are three training phases within the series intended to progressively build a user's total work capacity and improve cardiovascular fitness.

## RISE AND GRIND

Total body aerobic and strength conditioning interval based workout to tone your body and improve your endurance.

## SPIN

A low impact, high intensity workout. This spin class has something for everyone!

## YOGA

Mobilize your hips, spine and shoulders with the short, creative class to feel better in your body. Move the body and link the breath with simple, accessible movements, mindful transitions and intention. Poses will offer lots of stretching.



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