

GROUP FITNESS

Class schedule runs April 1 through June 28

N-24

- 5-6 a.m. **STRENGTH & CONDITIONING**
Monday, Tuesday, Wednesday, Thursday & Friday
- 9-10 a.m. **STRONG NATION**
Tuesday & Thursday
- 11-11:45 a.m. **PHYSIQUE LAB**
Tuesday & Thursday
- 11:30 a.m.-Noon **FUELED**
2nd Monday
- 11:30 a.m.-Noon **SWEAT ZEN**
1st & 3rd Monday
- 12:15-12:30 p.m. **SCULPT**
Wednesday
- 3-4 p.m. **STRENGTH & CONDITIONING (Powered by NOFFS)**
Monday & Wednesday



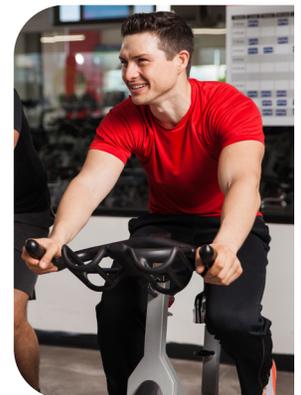
Q-80

- 11 a.m. **YOGA (Postponed April, continue in May)**
Thursday
- 11:30 a.m.-Noon **FLEX FRIDAY**
Friday
- 11:30 a.m.-12:30 p.m. **HIIT**
Monday, Wednesday & Friday
- 12:30-12:45 p.m. **BUTTS AND GUTS**
Wednesday
- 1-1:45 p.m. **BODY BLAST**
Monday, Wednesday & Friday



CEP-58

- 5:30-6:15 a.m. **SPIN CLASS**
Tuesday & Thursday
- 9:45-10:45 a.m. **BOOTCAMP**
Wednesday
- 11 a.m.-Noon **NAVCON (Powered by NOFFS)**
Monday, Tuesday, Wednesday & Thursday
- Noon-12:15 p.m. **HIIT**
Monday



757-444-1389



NavyLifeNSN.com

NSN-MWR-2311-1274

Facebook: NSNMWR
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No Navy endorsement implied.

GROUP FITNESS

N-24

STRENGTH & CONDITIONING (AM)

Open to all fitness levels. This class targets total body helping you to reach your fitness goals and get you prepared to successfully complete your PRT.

STRONG NATION

Taking your low and high intensity workouts to a new level with a music-led functional training session with a cool down including flexibility and breath work.

SWEAT ZEN

Got 30 minutes? Every other Monday experience 30 minutes of a full body workout involving cardio and muscle endurance training.

STRENGTH AND CONDITIONING (PM)

Class format is NOFFS based to help improve baseline mobility, functional capacity and overall strength.

PHYSIQUE LAB

A comprehensive 45-minute class designed to build strength, enhance physique, and improve overall conditioning.

FUELED

A 30-minute nutrition education series that covers a range of rotating topics, providing participants with valuable information and resources to support healthy eating habits and overall well-being.

SCULPT

A dynamic 15-minute glute class designed to target and tone your glutes for a sculpted and strong lower body.

Q-80

BUTTS AND GUTS

Come for a quick 15 minute workout (even in work attire) and work on the muscles that are in the torso and hips! Great to get in and get out with little sweat.

HIIT

High Intensity Interval Training that include quick burst of strength and cardio with brief rest periods.

FLEX FRIDAY

This class specializes in arms and shoulders with high reps and super sets. Come catch a pump before the weekend starts!

CEP-58

NAVCON

A combination of functional strength and conditioning for all fitness levels.

SPIN CLASS

Cardiovascular training performed indoors on a stationary bike.

BOOTCAMP

Based on military training techniques, the class will contain body weight exercises, calisthenics, agility drills, obstacle courses and running.

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