



**NAS Jacksonville
Group Fitness
Schedule
March 2025
Effective March 1, 2025**



FITNESS CENTER

<u>Time</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
0700	Command PT		FEP		Command PT
1100		Muscle Max (JP)		Muscle Max (JP)	Yoga Flow (Val)
1200	Pilates (Val)		Yoga Sculpt (Val)		

SPIN ZONE

1100	Spin (Heather)		Spin (Sammie)		
1215		*Express Spin (JP)		*Express Spin (JP)	

HPT/NOFFS ZONE

1100	TRX Fusion (Sammie)		Circuit Conditioning (Carol)		
1200	HPT (Meg)	HPT (Meg)	HPT (Meg)	HPT (Meg)	
1615	HPT (James)	HPT (Corey)	HPT (James)	Run Club 1600	

AQUATICS

1200		Hydro Max (Sammie) Indoor Pool		Hydro Max (Sharon) Indoor Pool	
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* Indicates 30-45 min express class

Group Fitness Class Descriptions: (Duration of classes 45-55 min per instructor, *indicates 30-45 minute express class)

Circuit Conditioning: This is a total body conditioning class that involves strength training, high-intensity training and muscular endurance training. The exercises are performed in a circuit using the NOFFS (Navy Operational Fitness and Fueling System) principles.

Muscle Max: This class is 100% muscular endurance from head to toe using a variety of equipment to perform strength exercises.

Pilates: Pilates uses a combination of approximately 50 simple, repetitive exercises to create muscular exertion. Exercises can be adapted to provide either gentle strength training for rehabilitation or a strenuous workout vigorous enough to challenge skilled athletes.

Strength Circuit: This class will introduce you to strength training followed by similar movement. It targets strength building and muscular endurance. Can be scaled to any fitness level.

TRX Fusion: TRX Suspension Training is a revolutionary method of leveraged bodyweight exercise. Perform hundreds of exercises that build power, strength, flexibility, balance, mobility and prevent injuries, all at the intensity you choose. ALL CORE. ALL THE TIME!

H.P.T. (High Performance Training): This class is composed of a warm-up, strength or skill focus portion, and a high intensity workout of the day (WOD). HPT can be scaled for any level fitness ability!

Spin: Recognized as one of the best low-impact workouts available, our state-of-the art indoor spinners can be perfectly adjusted to suit your fitness level. Our classes will familiarize you with the techniques of spinning while providing a fun and exhilarating group experience; see what the buzz is about! Don't forget to bring water!

Yoga Sculpt: This class combines traditional poses (Asanas) that are held longer than in traditional Yoga flow. The purpose is to apply moderate stress to connective tissue – the tendons, fascia and ligaments, with the aim of increasing circulation in the joints and increasing flexibility.

Yoga Flow: Based on the ancient practice of movement, breathing control and meditation, these asana (posture) classes are presented in the classical Vinyasa (flow) style. This intense class provides the mind-body benefit of yoga exercise in a vigorous format to give you an overall conditioning class to improve balance, flexibility and strength. Intermediate to advanced fitness level.

Hydro Max: Low-impact workout including a warm-up, cardio, muscle strengthening, and cool down segments. A great aerobic and cardiovascular session with no joint impact in the water! No swimming is required for Hydro Max.

Zumba: Zumba is exercise in disguise. It's a fusion of Latin and international music – dance themes that create a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Open to all dance levels.

Run Club: Meet at the NOFFS Zone for a quick warm and then a group run. Choose your distance and pace.

