

**HOURS OF OPERATION**  
(No group fitness classes on holidays)

Fitness Center Bldg 867

(904) 542-3518

Mon-Thu: 0500-2000

Fri: 0500-1900

Sat-Sun: 0700-1500

Holidays: 0700-1500

Base Gym Bldg 614

(904) 542-2930/3239

Mon-Thu: 0500-2000

Fri: 0500-1900

Sat: 0900-1700

Sun & Holidays: CLOSED

**NAS Jacksonville  
Group Fitness  
Schedule  
November 2024  
Effective November 1, 2024**



\* Indicates 30-45 min express class

<b>FITNESS CENTER</b>					
<u>Time</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
0700	Command PT		FEP PT Sammie		Command PT
1100	Zumba (Carol)	Muscle Max (JP)		Muscle Max (JP)	Yoga Flow (Val)
1200	Pilates (Val)		Yoga Sculpt (Val)		
<b>SPIN ZONE</b>					
1100	Spin (Sammie)		Spin (Heather)		
<b>HPT/NOFFS ZONE</b>					
1100	TRX Fusion (James)		Circuit Conditioning (Carol)		
1200	HPT (Meg)	HPT (James)	HPT (Meg)	HPT (James)	
1615		HPT (James)		HPT (James)	
<b>AQUATICS</b>					
1200		Hydro Max (Sammie) Indoor Pool		Aqua Zumba (Carol) Indoor Pool	



**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.

**FEP PT:** The Fitness Enhancement Program class is designed for sailors to assist with their physical fitness readiness and help maintain a healthy lifestyle required to support overall mission readiness. Geared toward FEP but all Active Duty personnel are welcome to attend.

**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.

**Aqua Zumba:** A classic aqua aerobics with Latin flavor added. This class is a low impact, high-energy aquatic exercise that blends the Zumba philosophy with water resistance, for one pool party you shouldn't miss! Designed for anyone who can follow instructions and manage being in the water.

**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.

