



NAS Whidbey Island
FITNESS PROGRAM SCHEDULE
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**September
2023**

Hours: Mon-Fri: 5 a.m.- 9 p.m. Sat/Sun: 8 a.m-5 p.m. Closed on holidays

GROUP FITNESS CLASS SCHEDULE

		Monday	Tuesday	Wednesday	Thursday	Friday
5:30 a.m.			Bootcamp		Indoor Cycling	Kettlebell & Core (30 min class)
7:00 a.m.		*NOFFS/FEP		*NOFFS/FEP		*NOFFS/FEP
10:00 a.m.		TRX		Tai Chi	TRX	
11:00 a.m.			Group Strength	Kettlebell & Core (30 min class)	HIIT	Yoga
3:00 p.m.		*NOFFS/FEP		*NOFFS/FEP		*NOFFS/FEP
4:30 p.m.		Indoor Cycling	Yoga			Warrior Strength®
5:00 p.m.			Pedal & Pump		Kickboxing	
5:30 p.m.		Zumba/COMMIT Dance Fitness				

Fitness center is closed September 4 for Labor Day. All fitness classes that day are cancelled.

Open House Flightline run/walk – September 9 – starts at 8:00 a.m. Sign up at front desk or MyFFR #NW0163-17-165-001

Mission Nutrition – September 12 – 8 a.m. to 3:30 p.m. Sign up at front desk

NOFFS Operational – September 27 – 7 a.m. to 3 p.m. Sign up at front desk

YOUTH/ADULT EQUIPMENT ORIENTATION available upon request NASWIMWRFitness.cnrnw@navy.mil

500/1000 lb. club available upon request NASWIMWRFitness.cnrnw@navy.mil

Class Fees: FREE to active duty/reservists, retirees and their family members! DoD civilians: \$3.50 per class; \$5.50 user fee for DoD Contractor per class; \$3.50 for ages 7 – 15 years (child must have gone through a Youth Orientation PRIOR to participating in ANY class).

Fitness Center Entry Fees: FREE to active duty/reservists, retirees and their family members & DOD Civilians! Adult guests are \$5.50 daily/7-15 years old are \$3.50 daily/ 6 & under are FREE.

NASWI'S GROUP FITNESS - OFFERS ALL COMPONENTS OF FITNESS

***NASWI'S MWR FEP PROGRAM:** The focus of the classes with asterisks are to help prepare the Active Duty Sailor to pass, improve or excel in all the aspects of the PFA – Strength, Cardio and Flexibility. These classes will use NOFFS concepts to develop a workout program for the Sailors who attend. Our instructors plan serious workouts that must follow all aspects of the OPNAVINST 6110.1K.

"FUSION"

Bootcamp: This workout will surely get the sweat pouring! Definition of bootcamp in the dictionary is "a short, intensive, and rigorous course of training." Be ready for a cardio and strength challenge!

***Fitness Enhancement Program (FEP):** FEP sessions include activities to promote moderately intense aerobic development, muscular strength, endurance, and flexibility. Classes led by MWR will use NOFFS concepts to develop the workout.

HIIT: High Intensity Interval Training. This class is a total-body program that incorporates strength training, cardio, and core work. It challenges your entire body with timed high intensity intervals and short duration exercises. These bursts of intense work will torch calories, build muscle and scorch body fat. Be prepared to have a boost post exercise calorie burn when it's all over.

Kickboxing: Workout with a power and punch! This is an energetic group exercise class that stimulates the body and mind to function at its best. Jab, Hook, Uppercut, Kick combos & more – major high energy with rockin' tunes! We draw from other martial arts disciplines (i.e., karate, kung fu, tai-kwan-do, etc) Includes boxing gloves, bags, drills, jump ropes, & circuits.

NOFFS (Navy Operation Fitness and Fueling Series): Using the latest sports science methodologies the logic engine for NOFFS combines both human performance and injury prevention strategies, resulting in safer training while yielding positive human performance outcomes. The exercises used in NOFFS are designed to replicate the activities of lifting, pushing, pulling, and carrying.

Pedal & Pump: A high-energy full body workout that includes interval training of both cycle and strength exercises, guaranteed to leave you sweaty and strong! 30 minutes of indoor cycling and 30 minutes of strength moves utilizing TRX or other weights.

ZUMBA®/COMMIT Dance Fitness: A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

"FLEXIBILITY"

Tai Chi: It is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

Yoga: It is said that Yoga is the "new aspirin". Whether you're in the mood for relaxation or wanting to advance further, this class will ease your body into its youthful state of flexibility while increasing lower body and core strength, balance and flexibility.

"CARDIOVASCULAR"

Indoor Cycling: Go for a ride inside! A fun high-energy ride with both cardiovascular and strength training combined for MAJOR caloric expenditure. A journey of hills, sprints, lifts, and jogs while listening to great music! You can burn a ton of calories too.

"STRENGTH"

Group Strength: Be ready to fatigue all your muscles (upper & lower body) for stronger more sculpted muscles while at the same time receiving cardiovascular benefits. This is a low impact class but you will surely break a sweat! Never the same thing each class!

Kettlebell & Core: This 30-minute class uses kettlebells and core work to give you a short, yet effective workout. You definitely have time for this class!

TRX: Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a highly portable performance training tool that leverages gravity and the user's body weight to complete hundreds of exercises. A great full body workout for ALL levels!

Warrior Strength®: A functional training class for all levels and types who want to sweat and feel their muscles burn! This is a full body interval workout with the emphasis on cardio and strength. Guaranteed to sweat!

500/1000 lb Club: Here is your opportunity to show how much you can squat, deadlift and bench press. Totals must add up to 500 for women or 1000 lbs for men or women. Done in the NOFFS Zone. Sign up via email.

Scan the QR code to give us your feedback...tell us what classes and events you like to see.

