



## GROUP FITNESS SCHEDULE/ January-March 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		0630 COMMAND PT/FEP (Crystal)	0630 Target Training (Crystal) \$	0630 COMMAND PT/FEP (Crystal)	0630 Target Training (Crystal) \$	
	0830-0930 WATER AEROBICS (Brittney)		0830-0930 WATER AEROBICS (Crystal)		0830-0930 WATER AEROBICS (Crystal)	
1200-1230 Leg X-press (Brittney)	1130-1230 HIIT Circuits (Brittney)	1130-1230 Strength & Conditioning (Amanda)	1130-1230 BARRE (Brittney)	1130-1230 Core Assault (Amanda)	1130-1230 Spin (Crystal)	1015-1115 Targeted Training (Brittney)
1230-1300 Regen (Brittney)	1500-1600 Targeted Training (Crystal)	1600-1700 Target Training (Amanda) \$	1600-1630 HIIT'n Spin (Amanda)	1600-1700 Target Training (Amanda) \$	YOGA TBD	1200-1300 Women on Weights (Brittney)
	1700-1800 Zumba (Crystal)		1630-1700 Core Assault (Amanda)			

### SEISMOS FITNESS CENTER

#### HOURS OF OPERATION

M-F 0515-2030  
SAT 0900-1700  
SUN 1000-1700

#### POOL HOURS

MON-F 0600-1230  
MON-F 1430-1900  
SAT 9:30-1400  
SUN CLOSED

HOLIDAYS  
1000-1700

Phone 425-304-3336  
Pool 425-304-3388  
www.navylifepnw.com  
everett.fitness@navylifepnw.com

#### UPCOMING FITNESS EVENTS

Resolution Fitness

01.06.20-03.02.20

Mission Nutrition

01.15.20

ZUMATHON

02.03.20

CFL COURSE

02.24.20-02.28.20

COMMAND PT CLASSES OFFERED BY REQUEST 425-304-3922

## CLASS DESCRIPTIONS:

### **Water Aerobics (M/W/F 0830-930)**

This fast paced aerobics class offers an hour of increased cardiovascular moves, building stamina while toning the major muscle groups. We finish off with core exercises and stretching.

### **HIIT Circuits (Monday 1130-1230 )**

High intensity interval training has proven its effectiveness in getting results. HIIT uses short bursts of intense training anaerobic training followed by less intense recovery periods to create a metabolic response that burns fat and builds strength and cardio endurance.

**Strength and Conditioning (Tuesday 1130-1230,)** Build your physique and increase strength in one hour. Gain muscle using proper technique and form through traditional weight lifting, functional training and more. No cardio here, just pure brute strength. Please arrive 5 minutes early for class to set up.

### **Command PT/FEP (Tu/Th 0630-0730)**

Cardiovascular, strength and flexibility training designed for the active duty commands looking to stay fit. Please schedule with a Fitness Specialist. First come, first served. *Schedule for the time that works best for your command..*

### **HIITn' Spin (Wednesday 1600-1630)**

A 30minute HIIT Spin program. Get your heart pumping and your legs moving'. All the benefits of Spin with a HIIT format.

### **Spin (Friday 1130-1230)**

Based on the latest research by Schwinn this one-hour class is based on authentic cycling principles. All elements of the class are rooted in the approach and science of real outdoor cycling. Improve your cardio endurance while engaging in a fun group dynamic. All levels of fitness from the beginner to the expert will see results

### **Core Assault (Wednesday 1630-1700/ Thursday 1130-1230)**

Get in for a quick and dirty 30 minute or a full hours core crushing good time! Science continues to prove Core Exercises improve all-over strength, increased productivity, over-all wellness and decreased injury's. Get in here and crush your fitness goals!

### **ZUMBA® (Monday 1700-1800)**

Zumba is a fusion of Latin and International music / dance themes that create a dynamic and exciting fitness class, based on the principle that a workout should be "FUN AND EASY TO DO." The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba is a “feel-happy” workout that is great for both the body and the mind.

### **Regen (Sunday 1300-1400)**

Bring your worn down and stiff bodies to enjoy a fulfilling regeneration class. Here you will learn some great techniques in preventative care and increasing recovery and increasing performance with proper stretching, foam rolling, trigger point work and more.

### **Target Training (M 1500-1600, T/TH 1600-1700, W/F 0630-0730)**

Enjoy all the benefits of personal training in a small group setting. Whatever your fitness level, whatever your goals. Let our highly knowledgeable staff map out what it takes to have a successful fitness program. This class does require sign up and a fee.

**Leg Xpress (Sunday 1200-1230)**A 30 minute lower body workout focusing on both smaller and larger muscle groups to give you an optimal workout in half the time! Using dumbbells, bands and body weight exercises to shred the lower half while incorporating core stability and cardio.

**Barre (Wednesday 1130-1230):** A fitness hybrid workout class combining elements from ballet, pilates, dance, yoga and strength training. Challenging and adaptable for all!

**Women on Weights (Saturday 1200-1300)** Learn how to exercise safely and effectively utilizing proper form with dumbbells, barbells, bands and more! Women supporting women becoming more comfortable and learning new exercise routines.