NAVAL BASE KITSAP BREMERTON FITNESS CENTER



Hours of Staffed Operation

Monday-Friday: 0400-1900

Weekends and Holidays: 0800-1530

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	0545-0615		0600-0700		0545-0615	
	HIIT		Warrior		HIIT	
	Schedule Anytime	Schedule Anytime	Schedule Anytime	Schedule Anytime	Schedule Anytime	
	Command PT	Command PT	Command PT	Command PT	Command PT	
	1230-1330		1230-1330		1230-1300	
	Strength And Stability		Strength And Stability		Functional Movement	
	1700-1730	1700-1800	1700-1800	1700-1800	1700-1730	
	HIIT	Spin	Warrior	Spin	Core blaster	
	1730-1800	1700-1730	1730-1830	1730-1830	1730-1800	
	Core blaster	Kettlebell	Zumba Gold	Zumba	Mobility	
	1730-1830	1730-1830	1730-1830			
	Kickboxing	Zumba	Kickboxing			

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CLASS DESCRIPTIONS:

Spin: Join an intense indoor cycling class combining speed drills, hill climbs, and intervals to increase heart rate.

Yoga: A multi-level yoga class designed to encourage breath, balance, strength and flexibility.

HIIT (High Intensity Interval Training): A high-effort blend of conditioning and muscle building aimed at those who want to get into the gym, work hard, and get out. Emphasizing bodyweight exercises, free weights and bands.

Core Blaster: Improve core strength, power transfer, and coordination. Learn to move better while also building the body's foundation through static and dynamic exercise.

Zumba: Get fit with Latin inspired dance that will challenge your cardiovascular ability.

Zumba Gold: A Lower-impact Latin inspired dance that will challenge your cardiovascular ability.

Warrior: A functional strength and conditioning class using various weighted and body-weight exercises.

Strength and Stability: A class based on rehabilitation and functional movement to aid in activities of daily living.

Functional Movement: Learn to move better in ways specific to activities of daily living to achieve a long, healthy, active life.

Kickboxing: Develop punching and kicking technique while pushing your cardiovascular limits.

Barbell Essentials: Join the weight room for a technique focused barbell class centered around the primary compound lifts like the Clean and Jerk, Snatch, Row, Deadlift, Squat, Military Press, and Bench Press.

Kettlebell: Learn about the benefits of using Kettlebells and the different movement patterns while getting an intense cardiovascular workout.

Mobility: Develop better range of motion through multi-level active—and passive total body stretching.

Try out these fun events!

Day of the Deadlift | Friday, October 31. All Day

Strongman Competition | Wednesday, November 5th. 1630-1830

Row Around the Sound Competition | Monday, November 24. All Day

Holiday Hoist | Friday, December 5th. 1600-1830

25 Days of Fitness | All December Long





