

NBK Bangor Group Fitness Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
INDOOR CYCLING 0530-0630		INDOOR CYCLING 0530-0630		INDOOR CYCLING 0530-0630	
Water Aerobics (SHALLOW WATER) 0800-0900		Water Aerobics (DEEP WATER) 0800-0900		Water Aerobics (SHALLOW WATER) 0800-0900	WARRIOR WORKOUT 0930-1030
YOGA 0930-1030	ZUMBA *(\$) 1000-1100	YOGA 0930-1030	ZUMBA *(\$) 1000-1100	ZUMBA *(\$) 1000-1100	
WARRIOR WORKOUT 1130-1230	SPIN AND BURN 1130-1230	WARRIOR WORKOUT 1130-1230	SPIN AND BURN 1130-1230		
WARRIOR WORKOUT 1700-1800	INDOOR CYCLING 1700-1800	WARRIOR WORKOUT 1700-1800	INDOOR CYCLING 1700-1800		
	WATER AEROBICS (DEEP WATER) 1815-1845		WATER AEROBICS (DEEP WATER) 1815-1845		

Classes are subject to change. For a current schedule please check our website: www.navylifepnw.com or our mobile App: **NavyLifePNW**.

Group class passes must be picked up no later than 5 minutes after the class start time.

Patrons need to be in the class no later than 10 minutes after the class start time.

FITNESS COMPLEX HOURS OF OPERATION

MON-FRI: 0500-2100

SAT: 0700-1900

SUN & HOLIDAYS: 0800-1900

Fitness Center: 360-315-2134

AQUATICS HOURS OF OPERATION

MON-FRI: 0500-1300 REC SWIM 1500-1900

SAT: 0900-1500

SUN & HOLIDAYS:

CLOSED

Aquatics Center: 360-315-2131

DoD Civilians group class fees are \$3.50 per class
or a \$30 monthly unlimited pass

e-mail: nbkfitness@navylifepnw.com