



**NAS Whidbey Island  
FITNESS PROGRAM SCHEDULE**  
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[www.navylifepnw.com](http://www.navylifepnw.com)

**April 2023**

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

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>GROUP FITNESS CLASS SCHEDULE</b>						
5:30 a.m.			Yoga		Indoor Cycling	
7:00 a.m.		*Fitness Enhancement Program		*Fitness Enhancement Program		*Fitness Enhancement Program
9:30 a.m.			Advanced Tai Chi			
10:00 a.m.	Yoga	TRX			TRX	
11:00 a.m.			Group Strength		HIIT	Yoga & Regeneration
		Triathlon Prep Training		Triathlon Prep Training		Triathlon Prep Training
11:30 a.m.				Tai Chi <b>(no class 12 April)</b>		
3:00 p.m.		*Fitness Enhancement Program		*Fitness Enhancement Program		*Fitness Enhancement Program
5:00 p.m.		Indoor Cycling	Pedal & Pump	Kettlebell & Core (30 min class)	Circuit Training	TRX <b>(no class 28 April)</b>
5:30 p.m.		Zumba/COMMIT Dance Fitness				

2022 Run the Northwest Virtual Run Series – All distances are STILL available! Sign up at front desk or MyFFR#600001  
Triathlon Preparation Training starting 3 April. Get ready for the Summer Sprint Triathlon in June!  
Mission Nutrition – 13 April – 8 a.m. to 3:30 p.m. Sign up at front desk or MyFFR#610208  
NOFFS Operational – 19 April – 7 a.m. to 11 a.m. Sign up at front desk or MyFFR#610251  
Show the April Power: 3-lift competition – 28 April – 4:00-6:00 p.m. Sign up at front desk or MyFFR#610161  
 YOUTH/ADULT EQUIPMENT ORIENTATION available upon request [NASWIMWRFitness.cnrnw@navy.mil](mailto:NASWIMWRFitness.cnrnw@navy.mil)  
 500/1000 lb. club available upon request [NASWIMWRFitness.cnrnw@navy.mil](mailto: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 provide fitness activities beyond regimented calisthenics and formation runs. Our instructors plan serious workouts that must follow all aspects of the OPNAVINST 6110.1J

## **“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.

**Triathlon Prep Training:** We are having a Summer Sprint Triathlon on 30 June. Here is your opportunity to training for it. Brad put together a 12-week training program to get you ready to check it off your Bucket List. No need to sign up online for the training...just show up. Registration for the Summer Sprint Triathlon MyFFR#610183 today and then attend the trainings to prepare.

## **“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!

**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.

## **“FUSION”**

**\*Fitness Enhancement Program (FEP):** FEP sessions include activities to promote moderately intense aerobic development, muscular strength, endurance, and flexibility.

**Circuit Training:** A combination of strength and cardio conditioning, supporting every day demands of real life activities, within a circuit workout routine.

**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.

**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.

## **“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.

**Advanced Tai Chi** continues onto more postures and forms. To attend, need to know the Yang Short Form, since we will be continuing on to the Yang Long Form.

**Yoga:** All yoga classes are beginner friendly. The **Yoga** classes will improve your flexibility, balance, and strength. **Restorative yoga** will help you to relax and unwind with simple yoga sequences, breathing techniques, and short meditations.

**Yoga & Regeneration:** After working our muscles in all the ways we do, it is wise to help those muscles regenerate. In this class you will use foam rolling and stretching techniques to allow your muscles to heal properly. You will also learn dynamic stretches to help increase or maintain joint mobility. Then we mix in Yoga moves! This is a great active recovery!

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

