

## NBK Bremerton Group Fitness Classes

NBK Bremerton Group Fitness Classes					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>INDOOR CYCLING</b> 0830-0915		<b>INDOOR CYCLING</b> 0830-0915		
	<b>Water Aerobics</b> 0800-0845		<b>Water Aerobics</b> 0800- 0845		<b>ENDURANCE CYCLING</b> 0900-1000
	<b>YOGA</b> 1030-1130		<b>YOGA</b> 1030-1130		
<b>WARRIOR WORKOUT</b> 1645-1800	<b>INDOOR CYCLING</b> 1700-1800	<b>WARRIOR WORKOUT</b> 1645-1800	<b>INDOOR CYCLING</b> 1700-1800		

Classes are subject to change. For a current schedule, visit [navylifepnw.com](http://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-THUR: 0400-2100 FRI: 0400-1900

SAT: 0700-1900

SUN & HOLIDAYS 0800-1900

**Fitness Center:** (360) 476-2231

### **AQUATICS HOURS**

M-F: 0430-0900, 1100-1900

Sat/Sun/Holidays-Closed

**Aquatics Center:** (360) 476-9416

DoD Civilians group class fees are \$3.50 per class or a

\$30 monthly unlimited pass

e-mail: [nbkfitness@navylifepnw.com](mailto:nbkfitness@navylifepnw.com)