



NSE GROUP FITNESS SCHEDULE

September 2025



Navy Operational Fitness
and Fueling System
(NOFFS)



www.navylifepnw.com

Gear Issue Desk 425-304-3336

Fitness Trainers 425-304-3922

Pool 425-304-3388



	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1130-1230		Anatomy of a Lift (Jaz) No Class 9/1 & 9/15	SPIN (Oxana)	Total Body HIIT (Pam)	Yoga (Oxana)	Build & Burn (Pam)	
1430-1530		FEP (Jaz) No Class 9/1 & 9/15		FEP (Jaz)		FEP (Pam)	
COMMAND PT CLASSES OFFERED BY REQUEST @ 425-304-3922							

Weather permitting, Group Classes will be at the FIT BOX while floors are resurfaced 9/22-9/26

Seismos Fitness Center MANNED Hours of Operation: Monday – Friday 0500-2100 Saturday & Sunday 0900-1700

See the front Desk to sign up for Unmanned 24 HOUR ACCESS

Everett CFL Course – October 20th-24th. Sign up via CANTRAC # S-562-0612 UIC 68967

Personal Training for Active Duty and Eligible patrons. Call for details and scheduling: 425-304-3922

YOUTH/ADULT EQUIPMENT ORIENTATION available upon request.

500 & 1000lb club available upon request.



NSE Group Fitness Class Descriptions:

FEP (Monday/Wednesday/Friday 1430-1530)

The Fitness Enhancement Program (FEP) is a command-wide NAVY program to improve fitness for the PFA in accordance with OPNAVINST 6110.1K. Using the NOFFS principles, Sailors will develop their strength, endurance and mobility through a programmed series of progressions designed and supported for each individual where they are.

Anatomy of a Lift (Monday 1130-1230)

Hitting a plateau? Come learn a new take on strength and stability that will teach you how to create a solid base and crush your workouts through purposeful joint range of motion and muscular control while enhancing your endurance capabilities.

SPIN (Tuesday 1130-1230)

Get ready to experience an indoor road-relatable high-energy ride where science and technology with both cardiovascular and strength training combined for MAJOR caloric expenditure. Tackle hills, sprints, and distance challenges with options for every rider, all while listening to great music!

Total Body HIIT (Wednesday 1130-1230)

This class is designed to build your cardiovascular fitness while improving your muscular strength and endurance. Come push your limits and walk away feeling strong.

Yoga (Thursday 1130-1230)

Yoga offers many benefits for mind, body and spirit. Join us while we combine physical postures, breathing techniques, meditation and relaxation to promote mental and physical well-being.

Build and Burn (Friday 1130-1230)

Experience the thrill of high-intensity interval training (HIIT) as you push your limits and transform your body. Our dynamic workouts combine explosive bursts of energy with short recovery periods, maximizing calorie burn and building lean muscle. You will challenge your cardiovascular system, strengthen your core, and improve your overall fitness level.

Jaz – jazmon.j.williams.naf@us.navy.mil Pam – pamela.g.gawad-tate.naf@us.navy.mil Oxana – oxana.balakina.naf@us.navy.mil

For command PT's call the trainer desk to schedule at 425-304-3922

We strive to have your command connected! Let us know if you're not getting these in your inbox and we'll add you to our distro.



TSUNAMI POOL

September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 HOLIDAY	2 NO LAP SWIM ARMY DMP 0800-1700 SAR 0900-1200	3 LAP SWIM 0900-1300 ARMY DMP 0800-1700	4 LAP SWIM 0900-1300 SAR 0900-1200	5 LAP SWIM 0900-1300	6 CLOSED
7 CLOSED	8 LAP SWIM 0900-1300	9 NO LAP SWIM NOAA 0800-1400 SAR 0900-1200	10 LAP SWIM 0900-1300 NOAA 0800-1400	11 NO LAP SWIM NOAA 0800-1400 SAR 0900-1200	12 LAP SWIM 0900-1300 DIVE PRT 0800 NOAA 0800-1400	13 CLOSED
14 CLOSED	15 LAP SWIM 0900-1300	16 LAP SWIM 0900-1300 SAR 0900-1200	17 LAP SWIM 0900-1300	18 LAP SWIM 0900-1300 SAR 0900-1200	19 LAP SWIM 0900-1300	20 CLOSED
21 CLOSED	22 LAP SWIM 0900-1300	23 LAP SWIM 0900-1300 SAR 0900-1200	24 LAP SWIM 0900-1300	25 LAP SWIM 0900-1300 SAR 0900-1200	26 LAP SWIM 0900-1300	27 CLOSED
28 CLOSED	29 LAP SWIM 0900-1300	30 LAP SWIM 0900-1300 SAR 0900-1200	30 LAP SWIM 0900-1300			

To make a Command reservation please contact the Aquatics Manager at (425) 304-3388. Family Locker Room showers are available Monday-Friday, 0700-1700.