

FITNESS

GROUP EXERCISE CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	6:30 TO 7:15 A.M. BARBELL & PLATES (B&P)		6:30 TO 7:15 A.M. BARBELL & PLATES (B&P)	6:30 TO 7:15 A.M. BARBELL & PLATES (B&P)
7:30 TO 8:30 A.M. FITNESS ENHANCEMENT	7:30 TO 8:30 A.M. COMMAND PT	7:30 TO 8:30 A.M. COMMAND PT	7:30 TO 8:30 A.M. COMMAND PT	7:30 TO 8:30 A.M. FITNESS ENHANCEMENT
				11 TO 11:30 A.M. MOBILITY & STRETCH
11:30 A.M. TO 12:30 P.M. NOFFS	11:30 A.M. TO 12:30 P.M. YOUR RIDE @ SC-400	11:30 A.M. TO 12:30 P.M. NOFFS	11:30 A.M. TO 12:30 P.M. YOUR RIDE @ SC-400	

All classes are held at NH-30 Gym unless otherwise noted. All classes will follow current Covid-19 precautions. All classes will be first come, first served, unless otherwise reserved with fitness specialist and/or facility coordinator. For more information, call [757-836-1812](tel:757-836-1812).

BARBELL & PLATES (B&P) — A challenging barbell workout focusing on compound lifts. Perfect for the beginner lifter and a new take for the intermediate and advanced lifter.

COMMAND PT — Fitness specialist-led workout for active duty Sailors. Designed to help Sailors stay in shape, to meet physical readiness standards and improve PRT scores. Commands may request specific training if desired.



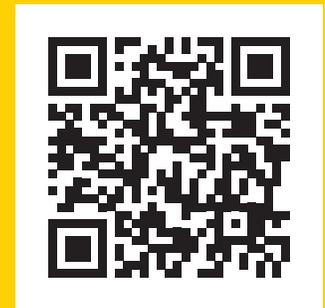
FITNESS ENHANCEMENT — This program is designed to help those enrolled in the Fitness Enhancement Program get active and prepared for their next PFA. Class will involve a 30/30 split of a workout and nutritional guidance, body composition assessments or other things tailored to the Sailor's needs.

MOBILITY & STRETCH — The goal of this class is to improve your range of motion, helping to prevent injury and increase efficiency in your runs and lifts.

NOFFS — The Navy Operational Fitness and Fueling Series provides intense and functional workouts developed by Navy and industry performance enhancement professionals. These workouts are designed with all fitness levels in mind.

YOUR RIDE — For beginners to advance riders, this cycling class emphasizes cardio training with a variety of drills, intervals and rhythmic style riding. Be careful, this

class can become very addictive with its exciting and challenging format.



INSTAGRAM:@NSAHRFITSUPPORT



NavyLifeHQ.com

NSAMWR

@navymwrnsahamptonroads

HRHQ-MWR-2301-059 TL

No Navy endorsement implied.