



GROUP EXERCISE SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
0700 FIT Enhancement*		0700 FIT Enhancement*		0700 Command PT*	
1130 Athletes Hour/NOFFS	1145 Cycle Express	1130 Athletes Hour/NOFFS	1145 Cycle Express		1000 2nd Saturdays Yoga
	1215 MOB and Flex		1215 MOB and Flex	1130 Free Style FriYAY!*	
1630 Power Flexx*	ASTERIX CLASSES ARE SIGN UP ONLY	1600 Classic Moves*		ASTERIX CLASSES ARE SIGN UP ONLY	
1800 Yoga		Buti Yoga tm 1730			

Group exercise classes are free and open to all patrons. Classes are subject to change according to attendance. All participants are encouraged to work out at appropriate levels and consult their fitness instructors for maximum benefit. Wear comfortable, breathable clothing and appropriate shoes. Food is allowed only in designated areas.

FORT STORY GYM
707 Leyte Road
757-422-7975

☐ Classic Moves: Love a good throwback fitness classes that is super fun and high energy? This class rotates between Kick box, step, and floor aerobics to get you moving! ** SIGN UP REQUIRED

* Command PT by appointment

2nd Saturdays Yoga is held once a month on the 2nd Saturday

* Power flex SIGN UP REQUIRED

☐ Fit Enhancement: by appointment*This program is designed to help those who need to enhance their fitness, get active, and, prepared for physical readiness goals.

Buti Yoga- Buti is a music-driven movement methodology that incorporates dynamic yoga asana with cardio bursts, and primal movements LET'S Get weird !

Cycle Express: Heart pumping non-stop rhythm base workout. Music hand picked to motivate and inspire! Between 30-45 Minutes start to finish "get err done!"

*Freestyle FriYAY : Each week this class will be different, depending on the instructors programming. Every class will be designed for all levels of fitness! ** SIGN UP REQUIRED

All classes will be first-come, first-served, unless otherwise reserved with a fitness specialist and/or facility coordinator.