# Group Exercise Class Schedule

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Command PT 8 to 9 a.m.</td>
<td>NOFFS 7:30 to 8:30 a.m.</td>
<td>Command PT 8 to 9 a.m.</td>
<td>Instructor’s Choice 11:30 a.m. to 12:30 p.m.</td>
<td>Command PT 8 to 9 a.m.</td>
</tr>
<tr>
<td>Command PT 1 to 2 p.m.</td>
<td>Yoga Buffet (Instructor’s Choice) 8 to 9 a.m.</td>
<td>Command PT 1 to 2 p.m.</td>
<td></td>
<td>Command PT 11 a.m. to noon</td>
</tr>
</tbody>
</table>

**Clases are open to all DOD ID card holders. Visit online for class descriptions.**

## Fitness Enhancement Training

- **This program is designed to get members who are enrolled in the Fitness Enhancement Program active and prepared for their next PFA. Nutritional guidance, food journals and body composition assessments will be integrated into the class.**

## Command PT

- **Geared toward our active duty military. We like to keep the workouts fresh and fun, incorporating circuit training, aerobics and muscular endurance activities to get our war fighters using different muscle groups and learning new techniques. Incorporates a variety of safe workouts keep participants interested and improving their fitness. We breed a culture of fitness from a holistic approach that follows CNIC Navy Fitness Guidelines.**

## HIIT (High Intensity Interval Training)

- **A fun yet challenging hour-long workout focused on increasing muscle strength and endurance while learning proper form and technique through powerful movements using weights and metabolic conditioning exercises at intervals.**

## Instructor’s Choice

- **Switch it up! A fun mix of cardio, core, HIIT, strength, Tabata training and more, Instructor’s Choice will keep you engaged with this great energy, high-impact class!**

## NOFFS

- **Navy Operational Fitness and Fueling Series helps improves the operational performance of Sailors. The NOFFS series provides intense and functional workouts developed by Navy and industry performance enhancement professionals. These workouts provide all the components to a safe and effective exercise program.**

## Yoga Buffet (Instructor’s Choice)

- **A variety of yoga styles, ranging from Vinyasa flow to Yin slow stretch, will be taught depending on the instructor’s lesson plan. A great way to try out all the different yoga disciplines. Work on improving your balance, flexibility, breathing and relaxation. All levels are welcome.**