For your safety, please do not enter a class if 10 or more minutes have passed after it has begun.

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<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<td>COMMAND PT</td>
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<td>6 to 7 a.m.</td>
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FITNESS ENHANCEMENT
11:15 a.m. to 12:15 p.m.

NOFFS
11:15 a.m. to 12:15 p.m.

POWER RIDE
11:15 a.m. to noon

NOFFS
11:15 a.m. to 12:15 p.m.

FREESTYLE FRIDAY
11:15 a.m. to noon

OPEN TO ALL DOD ID CARD HOLDERS.
ALL CLASSES WILL BE HELD AT THE RIVIERVIEW FITNESS CENTER BASKETBALL COURT.

= Family Friendly
Indicates an all-inclusive class for all skill levels, including children age 10 and older accompanied with a parent or guardian.

No classes will be held on federal holidays.

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.

FREESTYLE FRIDAY
Each week, this class’ 45-minute workout will be different, depending on the instructors programming. This class may range from cross training workouts, mobility work, cycling, Buti® yoga, and more. Freestyle leaves room for modification and changes to programming to keep patrons always wanting to come back for more. Every class will be designed for all levels of fitness!

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.

POUND®
Channel your inner rock star with this full body cardio-jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums. Exhilarating full-body workout that combines cardio, conditioning and strength training with yoga and Pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out.

POWER 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 addictive with its exciting and challenging format.

*All classes will follow current Covid-19 precautions for physical distancing and capacity count. All classes will be first come, first served, unless otherwise reserved with Fitness Specialist and/or facility coordinator.

Riverview Fitness Center
1101 Holcomb Road
Open 7 days a week (except holidays)
Monday - Friday, 5 a.m. to 8 p.m.
Saturday - Sunday, 8 a.m. to 4 p.m.

757-953-7024  NavyLifeP.com