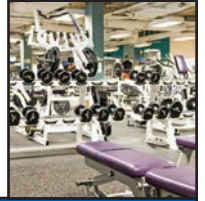


NAVAL STATION NORFOLK GROUP EXERCISE CLASSES

Q-80 WATERFRONT ATHLETIC COMPLEX

1910 Decatur Ave., Bldg. Q-80 • 757-444-1267
Monday - Friday, 5 a.m. to 8 p.m. • Closed Saturday, Sunday & Holidays



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NO CLASSES	11:30 A.M. TO 12:30 P.M. MOBILITY CLINIC	NO CLASSES	11:30 A.M. TO 12:30 P.M. MOBILITY CLINIC	NO CLASSES
4:30 TO 5:30 P.M. VELOCITY POWER TRAINING	NO CLASSES	NO CLASSES	5:00 TO 6:00 P.M. HIIT	NO CLASSES

N-24 GYMNASIUM

1570 Gilbert St., Bldg. N-24 • 757-444-2276
Monday - Friday, 5 a.m. to 8 p.m. • Saturday, Sunday & Holidays, 9 a.m. to 6 p.m.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 TO 6 A.M. STRENGTH & CONDITIONING	5 TO 6 A.M. STRENGTH & CONDITIONING	5 TO 6 A.M. STRENGTH & CONDITIONING	5 TO 6 A.M. STRENGTH & CONDITIONING	5 TO 6 A.M. STRENGTH & CONDITIONING
NO CLASSES	9 TO 10 A.M. STRONG NATION	NO CLASSES	9 TO 10 A.M. STRONG NATION	NO CLASSES
NO CLASSES	10 TO 10:45 A.M. AND 12:30 TO 1:15 P.M. FIT 45	NO CLASSES	10 TO 10:45 A.M. AND 12:30 TO 1:15 P.M. FIT 45	NO CLASSES

MCCORMICK SPORTS CENTER (CEP-58)

B Ave., Bldg. CEP-58 • 757-444-4016
Monday - Friday, 5 a.m. to 8 p.m.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NO CLASSES	NOON TO 1 P.M. HIP HOP SPIN	3:30 TO 4:30 P.M. JESS FIT	NOON TO 1 P.M. HIP HOP SPIN	NO CLASSES

- **STRENGTH & CONDITIONING** — Basic strength and conditioning class that welcomes all levels of fitness.
- **HIIT** — Traditional High Intensity Interval Training class.
- **MOBILITY CLINIC** — A class that revolves around the NOFFS Recovery methodology.

- **JESS FIT** — A class that takes a more "Physical Education" approach. It's essentially an adult PE class.
- **HIP HOP SPIN** — A spin class whose soundtrack revolves around the latest and greatest Hip Hop songs (Clean).
- **STRONG NATION** — A combination of Zumba and Kickboxing.

- **VELOCITY POWER TRAINING** — A class that uses Tendo Units to provide feedback on Max Wattage and Velocity.
- **FIT 45** — A 45-minute class that mimics the NOFFS methodology.



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No Navy endorsement implied.