

**FREE**



# JEB LITTLE CREEK GROUP EXERCISE CLASSES

**ROCKWELL HALL**



## MONDAY

- 6 a.m. 30-Minute Spin Cycle
- 9:30 a.m. Mature Audience (FF)
- 11 a.m. Strength/Endurance Hour
- 5 p.m. Power Conditioning

## TUESDAY

- 7:30 a.m. PRT Prep
- 11 a.m. Spin
- 5 p.m. Step/Kickboxing/Strength
- 5 p.m. Zumba (FF)

## WEDNESDAY

- 11 a.m. Zumba (FF)
- 11 a.m. Multi-Level Yoga (FF)
- 5 p.m. Functional Fitness

## THURSDAY

- 7:30 a.m. PRT Prep
- 9:30 a.m. Core Strength
- 11 a.m. TRX Circuit
- 11 a.m. Kickboxing/Heavy Bag Training\*
- 5 p.m. Spin Cycle/Strength (FF)
- 5 p.m. Zumba (FF)
- 6 p.m. Yoga

## FRIDAY

- 11 a.m. Intro to Latin Dancing\*\*
- 4:30 p.m. Total Body Strength

## SATURDAY

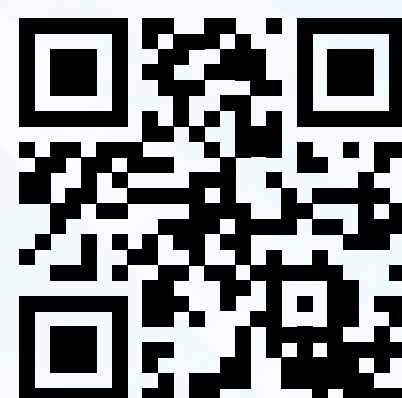
- 8:30 a.m. Spin Cycle/Strength (FF)
- 9:30 a.m. Yoga
- 10:45 a.m. Zumba (FF)

\* Kickboxing (1st and 3rd Thursday), Bag Training (2nd and 4th Thursday).

\*\*Intro to Latin Dancing (1st and 3rd Friday), FF – Family friendly class.

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.

# 757-462-7735



NavyLifeJEB.com



## CLASS DESCRIPTIONS

**CORE STRENGTH:** Class designed to build and strengthen your core muscle group while improving posture. Participants will increase flexibility and improve balance using stretching techniques and stability exercises. A variety of equipment will be used. Suitable for all fitness levels.

**FUNCTIONAL FITNESS:** Emphasizes dynamic movement patterns and athletic drills to help improve mobility, stability, and movement integration.

**HEAVY BAG TRAINING:** This class will be conducted in the boxing room.

**INTRO TO LATIN DANCING\*\*:** Walk in with two left feet and walk out dancing on beat and learning how to develop a musical ear with dancing. This class is great for beginners and for those getting back into the dancing floor.

**KICKBOXING:** Combines martial arts techniques with fast-paced cardio. This high-energy workout challenges the beginner and elite athlete alike. Come and build stamina, improve your coordination, and increase your flexibility.

**MATURE AUDIENCES:** A low impact workout for all fitness levels that will make you sweat. (FF)

**MULTI-LEVEL YOGA:** Come enjoy this multidimensional yoga class. Whether you are new to yoga or an experienced practitioner, everyone will benefit. Blending the physical yoga poses with conscious breath work will help you gain flexibility, strength and inner peace. (FF)

**POWER CONDITIONING:** An exciting strength training class with great music designed to focus on total body strength and improving cardio conditioning for all fitness levels. This class incorporates rowing, sprinting, jumping, tire flipping, weightlifting, kettlebells, barbells, dumbbells, pull-up bars, TRX and medicine balls. Universal scalability makes this class the perfect application for any committed individual, regardless of experience.

**PRT PREP:** A class designed to help you excel on your PRT test. Nutritional guidance will be provided before you start. Get ahead of the game!

**SPIN CYCLE:** A fast-paced workout that will leave you wanting to come back for more. We use state-of-the-art spinning bikes. Geared for all fitness levels. (FF)

**STRENGTH/ENDURANCE HOUR:** This class is designed to challenge you to get outside of your comfort zone and to target all major muscle groups. It combines compound and unilateral movements on all three planes of motion. All fitness levels are welcome.

**TOTAL BODY STRENGTH:** Workout that targets the full body with movements that are designed to keep up with tempo of music, helping you achieve a fantastic exercise session.

**TRX CIRCUIT:** A challenging class designed to help you move better. It incorporates different foundational movements such as: plank, pull, hinge, push, rotation, squat, and lunge. This class is tailored to all fitness levels. Come and earn your progression!

**YOGA:** Class is designed to incorporate various pose sequences, breathing, deep relaxation and mindfulness techniques to increase your flexibility, balance and endurance as well as strengthen your mind-body connection. Gentle, yet powerful, yoga practice for beginners as well as seasoned practitioners.

**ZUMBA:** An exciting class full of Latin and exotic music, mixing body sculpting movements and easy-to-follow dance steps. No dance experience is necessary. (FF)