

FREE

GROUP EXERCISE CLASSES

Rockwell Hall Gym



GROUP EXERCISE CLASSES ARE FREE AND OPEN TO ALL PATRONS.

All 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.

MONDAY >>

- 6 am 30-MINUTE SPIN CYCLE
- 9:30 am MATURE AUDIENCE (FF)
- 11 am STRENGTH/ENDURANCE HOUR
- 5 pm POWER CONDITIONING
- 6 pm YOGA

TUESDAY >>

- 7:30 am MOBILITY & STRETCH
- 11 am SPIN
- 5 pm STEP/KICKBOXING/STRENGTH
- 5 pm ZUMBA (FF)

WEDNESDAY >>

- 9:30 am MOBILITY & STRETCH
- 11 am ZUMBA (FF)
- 11 am MULTI-LEVEL YOGA (FF)
- 5 pm FUNCTIONAL FITNESS
- 6 pm INTRO TO LATIN DANCING

THURSDAY >>

- 9:30 am CORE STRENGTH
- 11 am TRX CIRCUIT
- 5 pm SPIN CYCLE/STRENGTH (FF)
- 5 pm ZUMBA (FF)

FRIDAY >>

- 11 am YIN YOGA
- 4:30 pm TOTAL BODY STRENGTH

SATURDAY >>

- 8:30 am SPIN CYCLE/STRENGTH (FF)
- 9:30 am YOGA
- 10:45 am ZUMBA (FF)

CLASS DESCRIPTIONS & MORE DETAILS >>

**Intro to Latin Dancing (1st & 3rd Friday)
FF - Family friendly class.*



757-462-7735



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No Navy endorsement implied.