



JEB FORT STORY | FITNESS & SPORTS



**FORT STORY  
GYM**

707 Leyte Road

# GROUP EXERCISE // SCHEDULE 2026

MONDAY //	TUESDAY //	WEDNESDAY //	THURSDAY //	FRIDAY //
	<b>FEP/AFT Prep *</b> 6:45 AM		<b>FEP/AFT Prep *</b> 6:45 AM	<b>Vinyasa Flow 7 AM</b>
<b>NOFFS 11:45 AM</b>	<b>Cycle &amp; Strength 11:45 AM</b>	<b>Core Galore 7 AM</b>	<b>Cycle &amp; Yoga Flow 11:45 AM</b>	
<b>Cycle &amp; Strength 4 PM</b>		<b>NOFFS 11:45 AM</b>		
<b>MOB &amp; Flex*</b> 5:30 PM		<b>Buti Yoga™ 5:30 PM</b>		

**CALL OR VISIT FORT STORY  
GYM TO SIGN UP.**

**\*Preregistration required.**

**757-422-7975 or  
757-422-7052**



NavyLifeJEB.com/FS-Fitness **JEBMWR**

JEBFS-N921-0925-00014-AH No Navy endorsement implied.

# GROUP EXERCISE // CLASS DESCRIPTIONS

**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.

## BUTI YOGA™//

Buti is a music-driven movement methodology that incorporates dynamic yoga asana with cardio bursts, and primal movements **LET'S GET WEIRD!**

## CLASSIC MOVES//

Love a good throwback fitness class that is super fun and high energy? This class rotates between kickboxing, step and floor aerobics to get you moving!

## COMMAND PT//

Tailored to your command needs call or stop in to register.

## CORE GALORE//

Designed to intensely strengthen your entire midsection (abs, back, & glutes) using controlled movements, deep engagement.

## CYCLE & STRENGTH//

20-minute rhythm-base cycling class with Intervals, rolling hills, sprints, climbs, runs, and jumps followed by full body strength with a focus on compound movements.

## CYCLE & YOGA FLOW//

20-minute rhythm-base cycling class followed by 20-minute Vinyasa flow this practice builds heat, strength, and flexibility while calming the mind, varying in pace and focus depending on the instructors programming.

## FEP/AFT PREP//

Designed to help those who need to enhance their fitness, get active and prepared for physical readiness goals. Class will involve a split of a workout and nutritional guidance, body composition assessments, or other things tailored to the service member's needs.



## MOB & FLEX //

A flexibility and mobility class designed to lengthen and strengthen muscles, release tension, and promote joint mobility and stability.

## NOFFS//

The NOFFS series provides intense and functional workouts developed by military and industry performance enhancement professionals. These workouts are designed with all fitness levels in mind.

## VINYASA FLOW//

This yoga practice builds heat, strength, and flexibility while calming the mind, varying in pace and focus depending on the instructors programming.

**All classes will be first-come, first-served, unless otherwise reserved with a fitness specialist and/or facility coordinator.**

**Fitness Center Orientation and Youth Orientation are available upon request please call the fitness center to schedule your appointment.**

