



GROUP EXERCISE SCHEDULE

MONDAY

7:30 a.m. – Fit Enhancement
 11:30 a.m. – Athletes Hour NOFFS
 3 p.m. – Command PT
 5 p.m. – Power Flexx
 6 p.m. – Yoga

TUESDAY

11:30 a.m. – Cycle Express
 12:15 p.m. – MOB and FLEX
 5 p.m. – Fit Enhancement

WEDNESDAY

7:30 a.m. – Fit Enhancement
 11:30 a.m. – Athletes Hour NOFFS
 12:30 p.m. – Family Fitness
 5:30 p.m. – Classic Moves
 6 p.m. – Yoga

THURSDAY

11:30 a.m. – Cycle Express
 12:15 p.m. – MOB and FLEX
 5 p.m. – Fit Enhancement

FRIDAY

7:30 a.m. – Command PT
 11:30 a.m. – Freestyle FriYAY!

SATURDAY

10 a.m. – 2nd Saturdays Yoga Buffet

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.

- **Command PT** – Fitness specialist-led workout geared toward all active duty. Designed to help service members stay in shape to meet physical readiness standards and improve scores. Commands/units may request specific training if desired. All DoD cardholders are welcome to join.
- **Fit Enhancement** – 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.
- **Athletes Hour: NOFFS (Navy Operational Fitness and Fueling)** – 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.

- **Sunrise Cycle** – For beginners to advance riders, this cycling class emphasizes cardio training with a variety of drills, intervals and rhythmic style riding.
- **Yoga Buffet: Instructor's Choice** – A variety of yoga styles, ranging from Vinyasa flow to Yin slow stretch, will be taught depending on the instructor's lesson plan. Work on improving your balance, core strength, flexibility, breathing and relaxation. All levels are welcome.
- **Freestyle FriYAY** – This class will be different each week depending on the instructor's programming. This class may range from cross training workouts, mobility work, Pound®, HIIT, Balance and Agility, cardio kickboxing, and more. Every class will be designed for all levels of fitness.
- **Cycle Express** – Heart pumping, non-

stop rhythm-base workout, with a little bit of something for everyone! Intervals, rolling hills, sprints, climbs, runs, surges and jumps all to music handpicked to motivate and inspire!

- **MOB and FLEX (Mobility and Flexibility)** – Our flexibility and mobility classes are designed to lengthen and strengthen muscles, release tension, and promote joint mobility and stability.
- **Classic Moves** – Love a good throw-back fitness class that is super fun and high energy? This class rotates between kickboxing, step and floor aerobics to get you moving! All fitness levels are welcome.
- **Power Flexx** – Using light to moderate weights with lots of repetition, this workout hits every muscle. You will be coached through the moves and techniques, pumping out encouragement, motivation and great music to help you achieve much more than on your own.

All classes follow current Covid-19 precautions. All classes will be first-come, first-served, unless otherwise reserved with a fitness specialist and/or facility coordinator.

FORT STORY GYM
 707 Leyte Road
 757-422-7975



NavyLifeJEB.com

