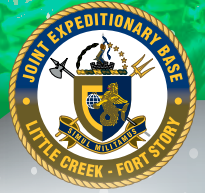


JEB FORT STORY MWR FITNESS & SPORTS



GROUP EXERCISE // SCHEDULE

**FORT STORY
GYM**

MONDAY //

7 AM **FIT Enhancement***
11:30 AM **Athletes Hour/NOFFS**
4:30 PM **Power Flex***
5:30 PM **Yoga**

TUESDAY //

11:45 AM **Cycle Express**
12:15 PM **MOB and Flex**

WEDNESDAY //

7 AM **FIT Enhancement***
11:30 AM **Athletes Hour/NOFFS**
4:30 PM **Classic Moves***
5:30 PM **Buti Yoga™**

THURSDAY //

11:45 AM **Cycle Express**
12:15 PM **MOB and Flex**

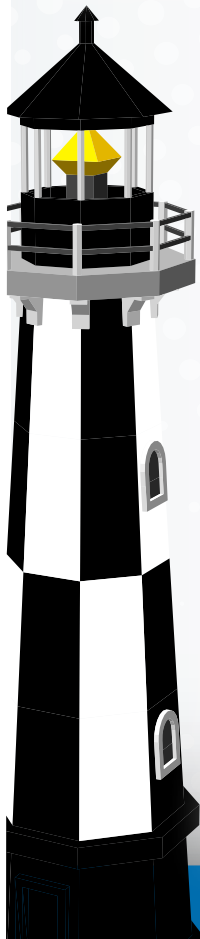
FRIDAY //

7 AM **Command PT***
11:30 AM **Freestyle FriYAY!***

***Preregistration
required.**

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

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.

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! All fitness levels are welcome.

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

ATHLETES HOUR/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.

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!

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



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.

POWER FLEX //

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.



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NavyLifeJEB.com



JEBFS-MWR-2501-042-696MD No Navy endorsement implied.