



JEB FORT STORY | FITNESS & SPORTS



**FORT STORY
GYM**

707 Leyte Road

**GROUP EXERCISE
// SCHEDULE 2026**

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

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

***Pre-registration required.**

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



NavyLifeJEB.com/FS-Fitness



JEBFS-N921-0326-00035MD

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.

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 and 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. Class varies in pace and focus depending on the instructor's 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 //

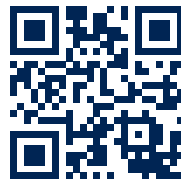
A flexibility and mobility class designed to lengthen and strengthen muscles, release tension, and promote joint mobility and stability.

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. Class varies in pace and focus depending on the instructor's 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.

