

GROUP FITNESS

N-24

MONDAY

5-6 AM — Strength and Conditioning

TUESDAY

5-6 AM — Strength and Conditioning

9-10 AM — Strong Notion

WEDNESDAY

5-6 AM — Strength and Conditioning

THURSDAY

5-6 AM — Strength and Conditioning

9-10 AM — Strong Notion

CEP-58

TUESDAY

5:30-6:15 AM — Spin Class

4:30-5 PM — Circuit Training

WEDNESDAY

Noon-12:20 PM — Spin Class

THURSDAY

5:30-6:15 AM — Spin Class

4:30-5 PM — Circuit Training

FRP-12 POOL

WEDNESDAY

8-9 AM — Pool Yoga

FRIDAY

9-10 AM — Aqua Aerobics

SATURDAY

9-10 AM — In-Water Standing Yoga

Q-80

MONDAY

9:30-10 AM — Mobility Mash

10:30-11 AM — Mobility Mash

4-4:45 PM — Injury Prevention

TUESDAY

5:30-6:30 AM — HIIT

WEDNESDAY

4-4:45 PM — Injury Prevention

5:30- 6:30 PM — Combat Fitness

THURSDAY

5:30-6:30 AM — HIIT



757-444-1389

GROUP FITNESS

N-24

STRENGTH & CONDITIONING — *Open to all fitness levels. This class targets total body helping you to reach your fitness goals and get you prepared to successfully complete your PRT.*

STRONG NATION — *Taking your low and high intensity workouts to a new level with a music-led functional training session with a cool down including flexibility and breath work.*

Q-80

HIIT — *High Intensity Interval Training that include quick burst of strength and cardio with brief rest periods.*

MOBILITY MASH-UP — *Body weight movements through stretching and rolling to activate major muscle groups while increasing range of motion.*

COMBAT CLASS - *Come out and participate in the high intensity, interval style class that mixes strength training with combat related movements.*

INJURY PREVENTION- *This class involves 45 minutes of full-body stretching, foam rolling, core activation, and low-impact strenght exercises.*

CEP-58

SPIN CLASS — *Cardiovascular training performed indoors on a stationary bike.*

CIRCUIT TRAINING — *A 30-minute workout to improve muscular strength and endurance while also improving cardiovascular endurance.*

FRP-12 POOL

AQUA AEROBICS — *Free full-body, in-water aerobic exercise class, weekly on Friday mornings.*

IN-WATER STANDING YOGA — *Family-friendly, full-body workout, focused on stretching, balance and flexibility.*

WATER YOGA — *Take the flexibility through body weight movements to the water on our floating water mats.*