Functional/Tactical Fitness Class Listing

All Classes are FREE for Active Duty
****MUST SHOW ID****

Functional Fitness (5am – 6am)

Monday – Friday

Location: Fleet Rec 5F Functional Fitness Area

Monthly Cost: $75.00

Weightlifting Class (6pm – 8pm)

Tuesday/Friday

Location: Fleet Rec 5F Functional Fitness Area

Monthly Cost: $30.00

HIIT 9:30 am

Tuesday/Thursday

Location: NOFFS Zone

Cost: ***Red GX sticker ***

Hustle Hour (8:15am - 9:15am)

Tuesday/Thursday

Location: NOFFS Zone

Monthly Cost: $25

⚠️ **Class Cancellation Notice:**

- **No Classes on November 11, and 26 due to Public Holiday.**

MWR ATHLETICS

FUNCTIONAL FITNESS:

This program combines effective coaching methods and universal scalability to teach safe functional movement patterns involved with weightlifting, gymnastics, running, rowing, and more.

HUSTLE HOUR

Focus on a holistic approach to functional fitness, blending strength, endurance, HIIT, functional training, and bodyweight exercises for a well-rounded workout

WEIGHTLIFTING (OLYMPIC LIFTING TECNIQUES):

The Weightlifting program caters to all experience levels, from beginner lifters to elite athletes. Designed to improve lifting health by teaching proper mobility, form, technique and mindset. Movements will consist of the Snatch, Clean and Jerk and Clean variations. Modifications offered as needed.

HIIT (High-Intensity Interval Training)

- A workout method that alternates between short bursts of intense, all-out exercise and brief periods of low-intensity recovery or rest. These workouts can include various activities for burning lots of calories in less time and improving cardiovascular fitness. ***** Red stickers for HIIT classes can be bought at the fitness office at the Fleet Rec 3rd floor or at Purdy Gym. *****