

Functional/Tactical Fitness Class Listing

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

Tactical Fitness AM (8:30am - 9:30am)

Monday/Wednesday/Friday

Location: Purdy Connex Box

Monthly Cost: \$30

Tactical Fitness Lite (9:35am - 10:05am)

Monday/Wednesday/Friday

Location: Purdy Connex Box

Monthly Cost: \$30

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

Barbell Club (10:10am - 12:10pm)

Monday/Wednesday/Friday

Location: Purdy Connex Box

Monthly Cost: \$30

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

Tuesday/Thursday

Location: Purdy Connex Box

Monthly Cost: \$25

Tactical Fit Basic (15:15pm - 16:15pm)

Monday/Wednesday/Thursday

Location: Purdy Connex Box

Monthly Cost: \$30

Tactical Fitness PM (16:30pm - 17:30pm)

Monday/Wednesday/Thursday

Location: Purdy Connex Box

Monthly Cost: \$30

⚠ Class Cancellation Notice:

- Hustle Hour will be canceled on May 22.
- No Classes on May 25 due to Public Holiday.





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

TACFIT BASICS:

Designed to introduce the core principles and exercises of the Tactical Fitness Program. Under guidance of experienced coaching staff, participants learn proper technique for barbell lifts, body weight exercises and cardiovascular activities.

TACTICAL FITNESS AM/PM:

Our Tactical Fitness program is an exciting conditioning program that balances strength work with power, speed, and agility training. If you are looking to be lean, strong and healthy this class delivers the most efficient way to improve metabolic conditioning and overall athleticism.

TACFIT LITE:

TacFit Lite is a cross training program designed for the following athletes: the beginner athlete, pre, peri, and postpartum athletes, the previously injured athlete, athletes coming back from an extended break and anybody interested in becoming lean, strong and healthy.

THE BARBELL CLUB:

The Barbell Club is an Olympic lifting class designed to improve your strength and technique in the Olympic lifts, the Clean and Jerk and Snatch. Our class breaks the movements down in order to practice technique while also building form and stability in the lifts. Classes include strength, technique work, accessory work and complexes.

WEIGHTLIFTING (OLYMPIC LIFTING TECHNIQUES):

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.

