

Yokosuka Group Fitness Schedule

Fleet Rec (5F) GX Studio			Fleet Rec (5F) Cycle Studio			Fleet Rec (5F) Func-Fit Area			Fleet Rec (3F) Wellness Studio			Purdy (2F) BB Court			Purdy (1F) GX Studio			Purdy (1F) Tac-Fit Box			Green Beach Pool		
Monday						Tuesday						Wednesday											
5:00-6:00	6:00-7:00	Functional Fitness	\$75/month	5:00-6:00	6:00-7:00	Functional Fitness	\$75/month	5:00-6:00	6:00-7:00	Functional Fitness	\$75/month	5:00-6:00	6:00-7:00	Functional Fitness	\$75/month	5:00-6:00	6:00-7:00	Functional Fitness	\$75/month	5:00-6:00	6:00-7:00	Functional Fitness	\$75/month
5:30-6:15		BODYPUMP Express <i>with Stacey Kardas</i>	FREE	8:10-9:10		Tactical Fitness	\$60/month	5:30-6:15		BODYPUMP Express <i>with Stacey Kardas</i>	FREE	8:10-9:10		BODYPUMP Express <i>with Stacey Kardas</i>	FREE	5:30-6:15		BODYPUMP Express <i>with Stacey Kardas</i>	FREE	5:30-6:15		BODYPUMP Express <i>with Stacey Kardas</i>	FREE
8:10-9:10		Tactical Fitness	\$60/month	8:45-9:45		WITMOMS	FREE	6:15-7:00		RPM Express <i>with Ron Singer</i>	STICKER	8:45-9:45		RPM Express <i>with Ron Singer</i>	STICKER	6:15-7:00		RPM Express <i>with Ron Singer</i>	STICKER	6:15-7:00		RPM Express <i>with Ron Singer</i>	STICKER
8:15-9:15		Vinyasa Flow Yoga <i>with Lisa Harvey</i>	STICKER	8:40-9:40		ViPR Fusion <i>with Norway Samson</i>	STICKER	8:10-9:10		Tactical Fitness	\$60/month	8:15-9:15		Tactical Fitness	\$60/month	8:10-9:10		Tactical Fitness	\$60/month	8:10-9:10		Tactical Fitness	\$60/month
9:00-10:00		PT TOTS	STICKER	9:00-10:00		WATERinMOTION <i>with Laura Wheeler</i>	STICKER	9:00-10:00		BODYPUMP <i>with Amanda Perry</i>	STICKER	9:00-10:00		BODYPUMP <i>with Amanda Perry</i>	STICKER	9:00-10:00		BODYPUMP <i>with Amanda Perry</i>	STICKER	9:00-10:00		BODYPUMP <i>with Amanda Perry</i>	STICKER
9:30-10:05		Tabata Tone <i>with Brenda Walker</i>	STICKER	9:45-10:45		BODYCOMBAT <i>with Tae Wright</i>	STICKER	9:00-10:00		WITMOMS	FREE	9:00-10:00		WITMOMS	FREE	9:00-10:00		WITMOMS	FREE	9:00-10:00		WITMOMS	FREE
10:30-11:30		Zumba Toning <i>with Mieko Yanai</i>	FREE	10:00-11:00		Zumba <i>with Mieko Yanai</i>	FREE	10:30-11:30		Zumba <i>with Kyung Ewi Tryka</i>	FREE	10:30-11:30		Zumba <i>with Kyung Ewi Tryka</i>	FREE	10:30-11:30		Zumba <i>with Kyung Ewi Tryka</i>	FREE	10:30-11:30		Zumba <i>with Kyung Ewi Tryka</i>	FREE
11:15-11:45		GRIT <i>with Jessi Martin</i>	STICKER	11:00-11:45		BODYPUMP Express * <i>with Jennifer Healy</i>	STICKER	11:30-12:15		TRX <i>with Melissa Perkins</i>	STICKER	11:30-12:15		TRX <i>with Melissa Perkins</i>	STICKER	11:30-12:15		TRX <i>with Melissa Perkins</i>	STICKER	11:30-12:15		TRX <i>with Melissa Perkins</i>	STICKER
4:30-5:30		TRX <i>with Melissa Perkins</i>	STICKER	11:45-12:15		Hard Core Abs* <i>with Jennifer Healy</i>	STICKER	12:00-1:00		Gentle Yoga <i>with Silvana Hodio</i>	FREE	12:00-1:00		Gentle Yoga <i>with Silvana Hodio</i>	FREE	12:00-1:00		Gentle Yoga <i>with Silvana Hodio</i>	FREE	12:00-1:00		Gentle Yoga <i>with Silvana Hodio</i>	FREE
4:15-5:15		Zumba <i>with Brenda Walker</i>	FREE	5:00-6:00		Tactical Fitness	\$60/month	4:15-5:15		U-JAM <i>with Laura Wheeler</i>	STICKER	4:15-5:15		U-JAM <i>with Laura Wheeler</i>	STICKER	4:15-5:15		U-JAM <i>with Laura Wheeler</i>	STICKER	4:15-5:15		U-JAM <i>with Laura Wheeler</i>	STICKER
5:00-6:00		Tactical Fitness	\$60/month	5:15-6:15		BODYPUMP <i>with Amanda Perry</i>	STICKER	4:30-5:00		GRIT <i>with Jessi Martin</i>	STICKER	4:30-5:00		GRIT <i>with Jessi Martin</i>	STICKER	4:30-5:00		GRIT <i>with Jessi Martin</i>	STICKER	4:30-5:00		GRIT <i>with Jessi Martin</i>	STICKER
5:15-6:15		BODYCOMBAT <i>with Akiko Takahashi</i>	STICKER	6:00-7:00		Indoor Cycle <i>with Ron Singer</i>	STICKER	5:00-6:00		Tactical Fitness	\$60/month	5:00-6:00		Tactical Fitness	\$60/month	5:00-6:00		Tactical Fitness	\$60/month	5:00-6:00		Tactical Fitness	\$60/month
5:30-6:30		Vinyasa Flow Yoga <i>with Lisa Harvey</i>	STICKER	6:00-8:00		Olympic Lifting Tech	Fees Vary	5:15-6:15		BODYCOMBAT <i>with Akiko Takahashi</i>	STICKER	5:15-6:15		BODYCOMBAT <i>with Akiko Takahashi</i>	STICKER	5:15-6:15		BODYCOMBAT <i>with Akiko Takahashi</i>	STICKER	5:15-6:15		BODYCOMBAT <i>with Akiko Takahashi</i>	STICKER
Thursday						<p align="center">Group Fitness Fees</p> <p align="center">Single Sticker: \$3 10 Stickers: \$25 20 Stickers: \$40</p> <p align="center">*Combo class: Only one sticker required when attending both classes</p>						Saturday											
																		Friday					
5:00-6:00	6:00-7:00	Functional Fitness	\$75/month	5:00-6:00	6:00-7:00	Functional Fitness	\$75/month	8:45-9:45		BODYPUMP <i>with Amanda Perry</i>	STICKER	8:45-9:45		BODYPUMP <i>with Amanda Perry</i>	STICKER	8:45-9:45		BODYPUMP <i>with Amanda Perry</i>	STICKER	8:45-9:45		BODYPUMP <i>with Amanda Perry</i>	STICKER
8:10-9:10		Tactical Fitness	\$60/month	5:15-6:15		BODYPUMP <i>with Stacey Kardas</i>	FREE	10:00-11:00		Zumba <i>with Mieko Yanai</i>	FREE	10:00-11:00		Zumba <i>with Mieko Yanai</i>	FREE	10:00-11:00		Zumba <i>with Mieko Yanai</i>	FREE	10:00-11:00		Zumba <i>with Mieko Yanai</i>	FREE
8:15-9:15		Vinyasa Flow Yoga <i>with Silvana Hodio</i>	FREE	6:15-7:00		RPM Express <i>with Ron Singer</i>	STICKER	11:15-12:15		STRONG by Zumba <i>with Kenji Masda</i>	FREE	11:15-12:15		STRONG by Zumba <i>with Kenji Masda</i>	FREE	11:15-12:15		STRONG by Zumba <i>with Kenji Masda</i>	FREE	11:15-12:15		STRONG by Zumba <i>with Kenji Masda</i>	FREE
8:45-9:45		Power Pool Intervals <i>with Norway Samson</i>	STICKER	8:50-9:50		Zumba <i>with Brenda Walker</i>	STICKER	12:30-1:30		BODYCOMBAT <i>with Kenji Masda</i>	FREE	12:30-1:30		BODYCOMBAT <i>with Kenji Masda</i>	FREE	12:30-1:30		BODYCOMBAT <i>with Kenji Masda</i>	FREE	12:30-1:30		BODYCOMBAT <i>with Kenji Masda</i>	FREE
9:00-10:00		PT TOTS	STICKER	9:00-10:00		BODYPUMP <i>with Amanda Perry</i>	STICKER	Sunday															
9:15-10:15		BODYCOMBAT <i>with Tae Wright</i>	STICKER	10:00-11:00		U-JAM <i>with Mieko Yanai</i>	FREE	8:45-9:45		BODYCOMBAT <i>with Silviya Schimenti</i>	STICKER	8:45-9:45		BODYCOMBAT <i>with Silviya Schimenti</i>	STICKER								
10:00-11:00		Zumba Sentao <i>with Mieko Yanai</i>	FREE	10:15-11:15		Indoor Cycle <i>with Melissa Perkins</i>	STICKER	9:30-10:30		RPM * <i>with Ron Singer</i>	STICKER	9:30-10:30		RPM * <i>with Ron Singer</i>	STICKER								
10:30-11:00		Hard Core Abs* <i>with Jennifer Healy</i>	STICKER	11:15-12:05		WITMOMS	FREE	10:00-10:30		GRIT <i>with Kenji Masda</i>	FREE	10:00-10:30		GRIT <i>with Kenji Masda</i>	FREE								
11:00-11:45		BODYPUMP Express * <i>with Jennifer Healy</i>	STICKER	11:15-11:45		GRIT <i>with Jessi Martin</i>	STICKER	10:30-11:00		CORE * <i>with Ron Singer</i>	STICKER	10:30-11:00		CORE * <i>with Ron Singer</i>	STICKER								
11:15-12:05		Insanity Live <i>with Brenda Walker</i>	STICKER	5:15-6:15		U-JAM <i>with Shellanie Ferrer</i>	FREE	11:00-12:00		BODYPUMP <i>with Kenji Masda</i>	FREE	11:00-12:00		BODYPUMP <i>with Kenji Masda</i>	FREE								
12:00-1:00		Stretch & Strengthen <i>with Jennifer Healy</i>	STICKER	6:00-8:00		Olympic Lifting Tech	Fees Vary																
5:00-6:00		Tactical Fitness	\$60/month																				
5:15-6:15		BODYPUMP <i>with Jocelyn Everson</i>	STICKER																				
5:15-6:15		BODYFLOW <i>with Akiko Takahashi</i>	STICKER																				
6:15-7:00		RPM <i>with Ron Singer</i>	STICKER																				



Schedule is subject to change

For more information, please visit:
www.facebook.com/yokosukamwrhappenings or
 call the Fitness office at 241-4486