




March 2020

Yokosuka Group Exercise Class Schedule



Fleet Rec (5F) GX Studio			Fleet Rec (5F) Cycle Studio			Fleet Rec (3F) Wellness Studio			Hawks Nest (2F) Wood Court			Purdy (1F) GX Studio			Purdy (2F) BB Court			Purdy (2F) Pool																																																																																																														
MONDAY						TUESDAY						WEDNESDAY																																																																																																																				
5:00-5:45a	BODYPUMP Express <i>with Jocelyn</i>	STICKER	5:15-5:45a	GRIT <i>with Jocelyn & Jason</i>	STICKER	5:00-5:45a	BODYPUMP Express <i>with Jocelyn</i>	STICKER	8:15-9:15a	Zumba <i>with Sayumi</i>	STICKER	8:15-9:15a	Yoga - Beginner's Breakdown <i>with Kelynn</i>	STICKER	8:30-9:30a	Vinyasa Flow Yoga <i>with Kelynn</i>	STICKER	9:00-10:00a	BODYPUMP <i>with Tae</i>	STICKER	9:00-9:40a	Circuit 360 <i>with Norway</i>	STICKER	9:00-10:00a	BODYPUMP <i>with Amanda</i>	STICKER	9:30-10:00a	Bars & Bands <i>with Brenda</i>	STICKER	8:45a-9:45a	WITMOMS <i>with Tin</i>	FREE	9:00-10:00a	WITMOMS <i>with Tin</i>	FREE	10:15-11:00a	BODYFLOW Express <i>with Amanda</i>	STICKER	9:45-10:45a	BODYCOMBAT <i>with Tae</i>	STICKER	10:30-11:30a	Zumba Toning <i>with Mieke</i>	STICKER	10:00-11:00a	Zumba <i>with Mieke</i>	STICKER	11:30a-12:30p	Booty Camp Yoga <i>with Virginia</i>	STICKER	11:15-11:45a	Burn <i>with Kat</i>	STICKER	11:00a-12:00p	BODYFLOW <i>with Kat</i>	STICKER	11:45a-12:45p	Yoga Sculpt <i>with Kelynn</i>	STICKER	11:45a-12:45p	Functional Mobility <i>with Kris</i>	STICKER	11:15-11:45a	Core <i>with Virginia</i>	STICKER	3:15-4:15p	BODYPUMP <i>with Magen</i>	FREE	3:15-4:00p	BODYPUMP Express <i>with Magen</i>	FREE	11:15-11:45a	GRIT <i>with Amanda</i>	STICKER	3:30-4:30p	TRX <i>with Jade</i>	FREE	4:20-5:20p	Zumba <i>with Brenda</i>	STICKER	12:00-1:00p	Power Yoga <i>with Kelynn</i>	COMBO	4:30-5:00p	Burn <i>with Kat</i>	STICKER	5:15-6:15p	BODYCOMBAT <i>with Akiko</i>	FREE	1:05-1:45p	Power Yoga Boost <i>with Kelynn</i>	COMBO	4:45-5:15p	Bars & Bands <i>with Brenda</i>	STICKER	6:00-7:00p	Indoor Cycling <i>with Rebecca</i>	FREE	2:00-3:00p	NOFFS Functional <i>with Mike</i>	FREE	5:15-6:15p	BODYCOMBAT <i>with Akiko</i>	FREE	THURSDAY						4:15-5:00p	Barre <i>with Kat</i>	STICKER	6:30-7:30p	Zumba <i>with Wakako</i>	FREE	FRIDAY						SATURDAY					
5:15-5:45a	GRIT <i>with Jocelyn & Jason</i>	STICKER	5:15-6:00p	Indoor Cycling <i>with Kat</i>	STICKER	<p align="center">Group Fitness Fees</p> <p align="center">Single Sticker: \$3 10 Stickers: \$25* 20 Stickers: \$40</p> <p align="center">*HALF PRICE for E1-E5 with valid Liberty Blue Jacket Card at Fleet Rec (3F) Fitness Office ONLY</p>						5:15-6:15p	BODYPUMP <i>with Amanda</i>	STICKER	8:00-9:00a	Booty Camp Yoga <i>with Virginia</i>	STICKER	8:45-9:45a	BODYPUMP <i>with Amanda</i>	STICKER	9:00-10:00a	PT TOTS (ages 1-2) <i>with Kelly</i>	STICKER	10:00-11:00a	Zumba <i>with Naoko</i>	STICKER	9:15-10:15a	BODYCOMBAT <i>with Tae</i>	STICKER	11:15a-12:15p	STRONG by Zumba <i>with Kenji</i>	FREE	10:00-11:00a	Zumba Sentao <i>with Mieke</i>	STICKER	12:30-1:30p	BODYCOMBAT <i>with Kenji</i>	FREE	10:15-11:15a	PT TOTS (ages 3-5*) <i>with Kelly</i>	STICKER	1:45-2:15p	GRIT <i>with Kenji</i>	FREE	11:15a-12:05p	Insanity Live <i>with Brenda</i>	STICKER	SUNDAY																																																																																
11:15a-12:00p	Ultimate Conditioning <i>with Virginia</i>	STICKER	5:00-5:45a	BODYPUMP Express <i>with Jocelyn</i>	STICKER							10:00-11:00a	BODYCOMBAT <i>with Kenji</i>	FREE	3:15-3:45p	GRIT <i>with Magen</i>	FREE	8:50-9:50a	Zumba <i>with Brenda</i>	STICKER	11:15a-12:15p	BODYPUMP <i>with Kenji</i>	FREE	3:30-4:15p	Aqua Fitness <i>with Jade</i>	FREE	9:00-10:00a	BODYPUMP <i>with Amanda</i>	STICKER	 <p align="center">WEIGHTLIFTING PROGRAMS</p> <p align="center">Location: Purdy Outdoor Tactical Fitness Box</p> <p align="center">Powerlifting</p> <p align="center">Mondays, Tuesdays, Thursdays, Fridays 5:00 - 6:00am</p> <p align="center">Tactical Fitness</p> <p align="center">Mondays - Fridays 8:10 - 9:10am 5:00 - 6:00pm</p>						5:15-6:15p	BODYPUMP <i>with Jocelyn</i>	STICKER	10:00-11:00a	WITMOMS <i>with Tin</i>	FREE	5:15-6:15p	BODYFLOW <i>with Sasara</i>	FREE	10:15-11:15a	Vinyasa Flow Yoga <i>with Jess</i>	STICKER	6:15-7:00p	Indoor Cycling <i>with Rebecca</i>	FREE	10:30-11:15a	RPM <i>with Amanda</i>	STICKER																																																																											
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Location: Fleet Rec (5F) Functional Fitness Area												5:15-6:15p	WOD U-Jam <i>with Shellanie</i>	FREE	Location: Purdy Outdoor Tactical Fitness Box																																																																																																																	
Functional Fitness												COMBO Class: Only one sticker when attending both classes. If only attending one class, you must still pay one sticker for either class.						Powerlifting																																																																																																														
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Aqua Fitness:

Provides a low impact, high-energy challenge for participants of all ages and skill and fitness levels. Jump in and make a splash with this dynamic cardio workout that tightens and tones the entire body.

Barre:

A dynamic ballet inspired workout will help lengthen, shape, and tone your entire body. No dance experience required!

Bars & Bands:

Strength conditioning focusing on the lower body. Low impact. Squat bands provided or bring your own.

Booty Camp Yoga:

Vinyasa flow yoga movements, alignment, and breath control while sculpting the glutes and core.

Burn:

High intensity interval training session that combines strength moves to tone muscles and quick bursts of cardio to burn fat. Challenge yourself with this quick and effective workout.

Circuit 360:

Reduces your body fat & firms your entire body. This unique workout not only improves cardiovascular fitness, but continually challenges the core, coordination and flexibility.

Core:

An intense abdominal workout designed to tone and shape the stomach area. It combines cardio with abdominal exercises to burn fat while strengthening ab muscles.

Functional Mobility:

An optimal body approach designed for injury prevention, joint health, physical longevity, and to restore body control. Learn to improve the amount of usable motion across a particular joint and maximize movement potential safely, efficiently and effectively.

Indoor Cycling:

Recognized as one of the best low impact cardiovascular workouts available. This class focuses on lower body strength and endurance designed to challenge all levels.

Insanity Live:

Revolutionary total body conditioning program based on the principles of MAX Interval Training. Insanity pushes the participant to new training heights, resulting in more calories burned, faster results and a more efficient metabolism. Options and modifications are provided.

LES MILLS BODYCOMBAT™:

A high energy martial arts inspired workout that is totally non-contact. Punch and kick your way to fitness! Release stress, have a blast and feel like a champ!

LES MILLS BODYFLOW™ / Express:

A yoga-based class that will improve your mind body awareness. Bend & stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates.

LES MILLS BODYPUMP™ / Express:

A class using light to moderate weights with many repetitions, gives you a total body workout. Instructors coach you through the moves & techniques while pumping out encouragement, motivation and great music helping you achieve higher limits!

LES MILLS GRIT™:

Combines short bursts of high intensity interval training with periods of recovery. This is a highly effective method in which to increase your fitness levels, tone your muscles, shape your body and burn calories.

LES MILLS RPM™:

A group indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads you through hills, flats, mountain peaks, time trials, and interval training.

NOFFS Functional:

NOFFS is a physical fitness class that allows you to main-

tain peak physical readiness through functional movements. Optimal fitness opportunity for FEP members.

Power Pool Intervals:

This low impact workout uses water resistance to improve your core & cardio capacity and is easy on your joints while still burning calories and toning muscles.

Power Yoga:

A dynamic style of yoga focused on building strength, endurance and flexibility. Traditional asanas are combined with body weight exercises to create a balanced workout.

Power Yoga Boost:

40 extra minutes of Power Yoga for those who can stay afterwards to boost their practice even more. This class will be a deeper dive into one or two of these subjects each week: arm balances, inversions, meditations, and/or pranayama (breathing techniques).

PT TOTS:

Age-appropriate activities help develop the cognitive, physical and social skills so children learn to play and explore safely. Parent participation is highly encouraged to increase child participation and understanding. Two age group sessions available for tailored activities (*younger siblings permitted in ages 3-5 on a case by case basis).

STRONG by Zumba®:

A combination of high intensity training with the science of "Synced Music Motivation" to push you past your perceived limits and reach your fitness goals faster.

TRX®:

TRX is a collection of unique bodyweight exercise movements using a suspension strap to train strength, endurance, balance, coordination, flexibility, power and core stability across a wide range of intensity.

Ultimate Conditioning:

Intervals of cardio and strength training are alternated to provide a total body workout and improve your cardiovascular health.

Vinyasa Flow Yoga:

Vinyasa means "breath-synchronized movement." Vinyasa Yoga is a series of asanas (poses) that will move you through the power of inhaling and exhaling and turn static asanas into a dynamic flow.

WOD U-Jam® (World of Dance U-Jam®):

This is a cardio-dance workout uniting world beats with urban flavor. The music will take you around the world from old school hip hop to Bollywood with a workout that makes you sweat, tones your body and leaves you craving more.

WITMOMS:

"Whatever It Takes MOMS" is a group of mothers who do whatever it takes for themselves, their families, friends and community: creating a HEALTHY ACTIVE lifestyle for the ones we love and those around us. Not just limited to MOMS, ALL WOMAN are welcome! This is a kid-friendly workout for kids from 0-7 years.

Yoga - Beginner's Breakdown:

A yoga class for beginners. This class breaks down basic poses that will help prepare you for Vinyasa flow yoga classes.

Zumba®:

A total workout combining all elements of fitness: cardio, muscle conditioning, balance, flexibility and a boost of energy. The mix of low and high-intensity moves provides for an interval-style, calorie-burning dance fitness party.

Zumba Sentao®:

Strength and resistance training with innovative dance moves using a chair as your dance partner. A workout that focuses on defining your muscles, improving overall cardio health and burning calories in the process.

Zumba Toning®:

This class combines targeted body sculpting exercises and high energy cardio to create a calorie torching, strength training, dance fitness party!

Additional Fitness Programs:

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. Choose from **Functional Fitness (Group Performance Training)** or **Olympic Lifting Techniques** to reach your individual fitness goals. Successful completion of the Fundamentals Workshop or a Test Out is required prior to enrollment. Eligible Liberty Blue Jacket Cardholders must register at the Liberty Center. All others register at the Fleet Rec (3F) Fitness Office or Purdy Front Desk.

Monthly Cost: Varies

Class Drop-In stickers available (\$5/sticker)

Tactical Fitness (Outdoor):

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. Eligible Liberty Blue Jacket Cardholders must register at the Liberty Center. All others register at the Fleet Rec (3F) Fitness Office or Purdy Front Desk.

Monthly Cost: \$60

Class Drop-In stickers available (\$5/sticker)

ALL programs listed above ↑ are FREE for E1-E5 with valid Blue Jacket card (must register at the Liberty Center)

Mission Nutrition: FREE for all

A science-based, 1-day course focused on improving nutritional knowledge and awareness. The course teaches a variety of everyday nutrition topics and ways to improve eating habits. Must register at the Fleet Rec (3F) Fitness Office ONLY.

Navy Operational Fitness and Fueling System (NOFFS): FREE for all

Conducted the third Wednesday of every month, this 1-day workshop teaches how to properly conduct a NOFFS workout. Each participant will receive a NOFFS T-Shirt & Certificate of Completion. NOFFS training classes are open to ALL HANDS! Must register at the Fleet Rec (3F) Fitness Office ONLY.

Fundamentals Workshop:

A 1 day workshop to learn and review the basics of weightlifting. You will learn movement variations of squats, presses, deadlifts, cleans, snatches, as well as get a great workout in. **Participants must successfully complete prior to enrolling in the Yokosuka Functional Fitness program.** Must register at the Fleet Rec (3F) Fitness Office ONLY.

Cost: \$35 (for ALL)

Powerlifting:

Caters to strength development of all experience levels from beginner lifters to elite athletes. Designed to improve lifting health and longevity by educating proper mobility, form, technique and mindset. Primary movements consist of squat, bench press and deadlift variations. Modifications are welcome and offered as needed. Cost: \$70 (for ALL)

Class Drop-In stickers available (\$5/sticker)

Schedule is subject to change

For more information, please visit:

www.facebook.com/MWRathleticsYokosuka or call the Fitness Office at 241-4486

