

2019

# March 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	Hawks Nest (2F) Wood Court	Purdy (2F) BB Court	Purdy (1F) GX Studio	Purdy (1F) Tac-Fit Box	Purdy (2F) Pool
<b>MONDAY</b>			<b>TUESDAY</b>			<b>WEDNESDAY</b>		
5:00-6:00a 6:00-7:00a	Functional Fitness	\$75/month	5:00-6:00a 6:00-7:00a	Functional Fitness	\$75/month	5:00-6:00a 6:00-7:00a	Functional Fitness	\$75/month
8:10-9:10a	Tactical Fitness	\$60/month	8:10-9:10a	Tactical Fitness	\$60/month	8:10-9:10a	Tactical Fitness	\$60/month
8:15-9:15a	Vinyasa Flow Yoga <i>with Silvana</i>	STICKER	8:40-9:40a	Circuit 360 <i>with Norway</i>	STICKER	9:00-10:00a	BODYPUMP <i>with Amanda</i>	STICKER
9:00-10:00a	BODYPUMP <i>with Amanda</i>	STICKER	8:45-9:45a	WITMOMS	FREE	9:00-10:00a	WITMOMS	FREE
9:00-10:00a	PT TOTS	STICKER	9:45-10:45a	BODYCOMBAT <i>with Tae</i>	STICKER	10:15-11:15a	PiYo <i>with Virginia</i>	STICKER
9:30-10:00a	Tabata Supersets <i>with Brenda</i>	STICKER	10:00-11:00a	Zumba <i>with Mieke</i>	STICKER	11:30a-12:15p	TRX Express <i>with Melissa</i>	STICKER
10:30-11:30a	Zumba Toning <i>with Mieke</i>	FREE	11:00-11:45a	BODYPUMP Express * <i>with Jennifer</i>	STICKER	12:00-1:00p	Gentle Yoga <i>with Silvana</i>	STICKER
11:15-11:45a	Burn <i>with Kathryn</i>	STICKER	11:45a-12:15p	Hardcore Abs * <i>with Jennifer</i>	STICKER	1:30-2:30p	Vinyasa Flow Yoga <i>with Miyoko</i>	STICKER
4:20-5:20p	Zumba <i>with Brenda</i>	STICKER	3:30-4:15p	WiM/Aqua Fitness <i>with Jade</i>	FREE	3:30-4:15p	TRX <i>with Jade</i>	FREE
4:30-5:30p	TRX Blast <i>with Melissa</i>	STICKER	4:15-5:00p	BARRE <i>with Jocelyn</i>	STICKER	4:30-5:00p	Burn <i>with Kathryn</i>	STICKER
5:00-6:00p	Tactical Fitness	\$60/month	5:00-6:00p	Vinyasa Flow Yoga <i>with Miyoko</i>	STICKER	5:00-6:00p	Tactical Fitness	\$60/month
5:15-6:15p	BODYCOMBAT <i>with Akiko</i>	STICKER	5:00-6:00p	Tactical Fitness	\$60/month	5:15-6:15p	BODYCOMBAT <i>with Akiko</i>	STICKER
5:30-6:30p	Vinyasa Flow Yoga <i>with Lisa &amp; Kelynn</i>	STICKER	5:15-6:15p	BODYPUMP <i>with Amanda</i>	STICKER	<b>SATURDAY</b>		
5:45-6:15p	TRX Basics <i>with Melissa</i>	STICKER	6:00-7:00p	Indoor Cycle <i>with Melissa</i>	STICKER	8:00-9:00a	Booty Camp Yoga <i>with Virginia</i>	STICKER
<b>THURSDAY</b>			6:00-8:00p	Olympic Lifting Tech	1x/week \$20 2x/week \$35	8:45-9:45a	BODYPUMP <i>with Amanda</i>	STICKER
5:00-6:00a 6:00-7:00a	Functional Fitness	\$75/month	6:30-7:30p	Gravity Yoga <i>with Miyoko</i>	STICKER	10:00-11:00a	Zumba <i>with Mieke</i>	STICKER
8:10-9:10a	Tactical Fitness	\$60/month	6:25-7:15p	Insanity Live <i>with Brenda</i>	STICKER	11:15a-12:15p	STRONG by Zumba <i>with Kenji</i>	FREE
8:15-9:15a	Vinyasa Flow Yoga <i>with Silvana</i>	STICKER	<b>FRIDAY</b>			12:30-1:30p	BODYCOMBAT <i>with Kenji</i>	FREE
8:45-9:45a	Power Pool Intervals <i>with Norway</i>	STICKER	5:00-6:00a 6:00-7:00a	Functional Fitness	\$75/month	1:45-2:15p	GRIT <i>with Kenji</i>	FREE
9:00-10:00a	PT TOTS	STICKER	8:50-9:50a	Zumba <i>with Brenda</i>	STICKER	<b>SUNDAY</b>		
9:15-10:15a	BODYCOMBAT <i>with Tae</i>	STICKER	9:00-10:00a	BODYPUMP <i>with Amanda</i>	STICKER	8:45-9:45a	BODYCOMBAT <i>with Silviya</i>	STICKER
10:00-11:00a	Zumba Sentao <i>with Mieke</i>	STICKER	10:00-11:00a	U-JAM <i>with Mieke</i>	STICKER	10:00-10:30a	GRIT <i>with Kenji</i>	FREE
10:30-11:00a	Hardcore Abs * <i>with Jennifer</i>	STICKER	10:15-11:15a	Vinyasa Flow Yoga <i>with Jess</i>	STICKER	11:00a-12:00p	BODYPUMP <i>with Kenji</i>	FREE
11:00-11:45a	BODYPUMP Express * <i>with Jennifer</i>	STICKER	11:15-11:45a	Burn <i>with Kathryn</i>	STICKER	<div style="text-align: center;"> <h3>Group Fitness Fees</h3> <p>Single Sticker: \$3 10 Stickers: \$25 20 Stickers: \$40</p> <p>*Combo class: Only one sticker required when attending both classes</p> </div>		
11:15a-12:05p	Insanity Live <i>with Brenda</i>	FREE	11:15a-12:05p	WITMOMS	FREE			
4:15-5:00p	Dancers Body <i>with Kat</i>	STICKER	11:30a-12:15p	TRX Express <i>with Melissa</i>	STICKER			
5:00-6:00p	Tactical Fitness	\$60/month	4:30-5:00p	Bodyshred <i>with Virginia</i>	STICKER			
5:15-6:15p	BODYPUMP <i>with Jocelyn</i>	STICKER	5:15-6:15p	U-JAM <i>with Shellanie</i>	FREE			
6:15-7:00p	Indoor Cycle <i>with Melissa</i>	STICKER	6:00-8:00p	Olympic Lifting Tech	1x/week \$20 2x/week \$35	<p style="text-align: center;"><i>Schedule is subject to change</i></p> <p>For more information, please visit: <a href="http://www.facebook.com/yokosukamwrhappenings/">www.facebook.com/yokosukamwrhappenings/</a> or call the Fitness Office at 241-4486</p>		

# ST. PATRICK'S DAY HALF MARATHON

Purdy Gym  
March 16  
8 A.M.



### **Barre:**

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

### **Bodyshred™:**

A high intensity, endurance, and strength based 30 minute workout. By Jillian Michaels.

### **Booty Camp Yoga:**

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

### **Burn:**

Combining strength and cardio to give you 30 minutes of High Intensity Interval Training. Allowing you to challenge yourself while getting a quick and effective workout in.

### **Circuit 360:**

Reduces your body fat & firms your entire body, back, arms, legs, chest, thighs, abs, hips. This unique workout not only improves cardiovascular fitness, but continually challenges the core, coordination and flexibility.

### **Dancers Body:**

Similar to a barre class; elongate, strengthen, and tone your muscles to gain body awareness.

### **Gentle Yoga:**

Reduce stress, promote balance and flexibility to recover strength and posture. Modifications offered for all levels of fitness.

### **Gravity Yoga:**

A targeted flexibility training that affects the connective tissues and nervous system. Classes will start with a warm-up, followed by holding poses for longer periods of time (2-5 min) than vinyasa flow classes.

### **Hardcore Abs:**

HITT 15min Tabata style and 15min core focus utilizing weights, isometric holds, bodyweight and Pilates.

### **Indoor Cycle:**

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 for new to advanced participants so everyone achieves their personal best workout.

### **LES MILLS BODYCOMBAT™:**

A high energy martial arts inspired workout that is totally non-contact. Punch and kick your way to fitness! No experience needed. Release stress, have a blast and feel like a champ!

### **LES MILLS BODYFLOW™:**

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

### **LES MILLS BODYPUMP™:**

A class using light to moderate weights with lots of repetition, BODY PUMP gives you a total body workout. Instructors will coach you through the moves & techniques pumping out encouragement, motivation and great music helping you achieve much more than on your own!

### **LES MILLS GRIT™:**

High-Intensity interval training: the hottest trend on the planet. Add HIIT to your life & take your fitness to the next level.

### **PiYo:**

Low-impact workout, muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility of Yoga.

### **Pool Power Intervals:**

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

### **PT TOTS:**

For Children walking up to 5 years old. Age-appropriate activities help develop the cognitive, physical, and social skills of children as they play. This program also entails parent involvement, which encourages participation and understanding of each child's development. The class environment is designed so children are free to move, play and explore safely. The play environments are designed to deliver the high-quality standard parents expect for their children.

### **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.

### **Tabata Supersets:**

HIIT designed to get your heart rate up in that very hard anaerobic zone for short periods of time. By doing this, you train all of your energy systems, not only does that make you more fit, it helps you burn more calories both during and after your workouts. This format is 20 seconds of an exercise followed by a 10 second break. Equipment utilized are step, dumbbells, and mat. 15 minutes of Cardio and Strength training followed by 15 minutes of Core conditioning. Class ends with a five minute stretching cooldown. Come ready to train!

### **TRX® Basics:**

The perfect TRX suspension training class for Beginners. Focus is on proper set-up, technique, and learning how to do fundamental TRX exercises. Total body strength workout that challenges the "core."

### **TRX® Blast:**

A combo of TRX exercises using the suspension training system, cardio and other equipment. **TRX® Basics** is a recommended prerequisite.

### **TRX®/TRX® Express:**

45 minutes of TRX suspension training that will challenge the body differently than traditional workouts. Fast-paced, total body workout that focuses on the "core."

### **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, & leaves you craving more.

### **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 & turn static asanas into a dynamic flow.

### **WiM™/Aqua Fitness:**

Aqua exercise workout that provides a low impact, high-energy challenge for participants of all ages, skill and fitness levels. Jump in and make a splash with this dynamic cardio workout that tightens and tones the entire body. With land equivalent intensity, fantastic sing-along music, and dynamic instructors, enjoy the pure fun on this water extravaganza.

### **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.

### **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 & burning major 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:**

\*Monthly enrollment or drop in fee applies

### **\*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.

### **\*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 **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.

### **\*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.

### **Navy Operational Fitness and Fueling System (NOFFS): FREE**

Conducted the first 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!

### **Mission Nutrition: FREE**

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.

To purchase Group Fitness stickers or to enroll in any of our fitness programs, please visit Purdy gym front desk, Fleet Rec 3F Fitness office, or Ikego MWR.

**ALL programs listed above are FREE for E1-E5 with valid Blue Jacket card (in addition to 10 FREE Group Fitness stickers per month)**