


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			Purdy (2F) 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								
8:10-9:10	Tactical Fitness		\$60/month			8:10-9:10	Tactical Fitness		\$60/month			6:15-6:45	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								
9:00-10:00	BODYPUMP <i>with Amanda Perry</i>		STICKER			8:45-9:45	WITMOMS		FREE			9:00-10:00	BODYPUMP <i>with Amanda Perry</i>		STICKER								
9:00-10:00	PT TOTS		STICKER			9:00-9:45	WATERinMOTION <i>With Your Fitness Staff</i>		STICKER			9:00-10:00	WITMOMS		FREE								
9:30-10:05	Tabata Tone <i>with Brenda Walker</i>		STICKER			9:45-10:45	BODYCOMBAT <i>with Tae Wright</i>		STICKER			10:30-11:30	Zumba <i>with Kyung Eun Tryka</i>		FREE								
10:30-11:30	Zumba Toning <i>with Mieko Yanai</i>		STICKER			10:00-11:00	Zumba <i>with Mieko Yanai</i>		STICKER			11:30-12:15	TRX <i>with Melissa Perkins</i>		STICKER								
11:15-11:45	GRIT <i>with Jessi Martin</i>		STICKER			11:00-11:45	BODYPUMP Express *		STICKER			12:00-1:00	Gentle Yoga <i>with Silvana Hodio</i>		FREE								
4:20-5:20	Zumba <i>with Brenda Walker</i>		STICKER			11:45-12:15	Hardcore Abs *		STICKER			4:30-5:00	GRIT <i>with Jessi Martin</i>		STICKER								
4:30-5:30	TRX <i>with Melissa Perkins</i>		FREE			4:15-5:00	BARRE <i>with Jocelyn Everson</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			5:15-6:15	BODYCOMBAT <i>with Akiko Takahashi</i>		STICKER								
5:15-6:15	BODYCOMBAT <i>with Akiko Takahashi</i>		STICKER			5:15-6:15	BODYPUMP <i>with Amanda Perry</i>		STICKER			Saturday											
5:30-6:30	Vinyasa Flow Yoga <i>with Lisa Harvey</i>		STICKER			6:00-7:00	Indoor Cycle <i>with Ron Singer</i>		STICKER									8:45-9:45	BODYPUMP <i>with Amanda Perry</i>		STICKER		
Thursday						6:00-8:00	Olympic Lifting Tech		1x/week \$20 2x/week \$35			10:00-11:00	Zumba <i>with Mieko Yanai</i>		STICKER								
						5:00-6:00 6:00-7:00	Functional Fitness		\$75/month		6:25-7:15	Insanity Live <i>with Brenda Walker</i>		FREE			11:15-12:15	STRONG by Zumba <i>with Kenji Maeda</i>		FREE			
8:10-9:10	Tactical Fitness		\$60/month		Group Fitness Fees Single Sticker: \$3 10 Stickers: \$25 20 Stickers: \$40 <i>*Combo class: Only one sticker required when attending both classes</i>						12:30-1:30	BODYCOMBAT <i>with Kenji Maeda</i>		FREE									
8:15-9:15	Vinyasa Flow Yoga <i>with Silvana Hodio</i>		FREE								Sunday						8:45-9:45	BODYCOMBAT <i>with Sibiya Schimenti</i>		STICKER			
8:45-9:45	Power Pool Intervals <i>with Norway Samson</i>		STICKER														9:30-10:30	RPM *		STICKER		10:00-10:30	GRIT <i>with Kenji Maeda</i>
9:00-10:00	PT TOTS		STICKER		5:00-6:00 6:00-7:00	Functional Fitness		\$75/month		10:30-11:00	CORE * <i>with Ron Singer</i>		STICKER										
9:15-10:15	BODYCOMBAT <i>with Tae Wright</i>		STICKER		6:15-6:45	RPM Express <i>with Ron Singer</i>		STICKER		11:00-12:00	BODYPUMP <i>with Kenji Maeda</i>		FREE										
10:00-11:00	Zumba Sentao <i>with Mieko Yanai</i>		STICKER		8:50-9:50	Zumba <i>with Brenda Walker</i>		STICKER															
10:30-11:00	Hardcore Abs *		STICKER		9:00-10:00	BODYPUMP <i>with Amanda Perry</i>		STICKER															
11:00-11:45	BODYPUMP Express *		STICKER		10:00-11:00	U-JAM <i>with Mieko Yanai</i>		STICKER															
11:15-12:05	Insanity Live <i>with Brenda Walker</i>		STICKER		10:15-11:15	Indoor Cycle <i>with Melissa Perkins</i>		STICKER															
12:00-1:00	Power Yoga <i>Lisa Harvey</i>		STICKER		11:15-12:05	WITMOMS		FREE															
5:00-6:00	Tactical Fitness		\$60/month		11:15-11:45	GRIT <i>with Jessi Martin</i>		STICKER															
5:15-6:15	BODYPUMP <i>with Jocelyn Everson</i>		STICKER		11:30-12:15	TRX <i>with Melissa Perkins</i>		STICKER															
5:15-6:15	BODYFLOW <i>with Akiko Takahashi</i>		STICKER		3:30-4:15	WATERinMOTION <i>With Your Fitness Staff</i>		FREE															
6:15-7:00	RPM <i>with Ron Singer</i>		STICKER		5:15-6:15	U-JAM <i>with Shellanie Ferrer</i>		FREE															
					6:00-8:00	Olympic Lifting Tech		1x/week \$20 2x/week \$35															



Schedule is subject to change

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

Barre:

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

Gentle Yoga:

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

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. First Sunday of each month is a 2hr endurance ride.

Insanity Live:

Insanity is a revolutionary total body conditioning program based on the principles of MAX Interval Training. By using 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 BODY COMBAT™:

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 BODY FLOW™:

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

LES MILLS BODY PUMP™:

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.

LES MILLS RPM™:

A group indoor cycling workout where you control the intensity. With great music pumping and the group spinning as one, your instructor takes you on a journey of hill climbs, sprints and flat riding. In an RPM workout you repeatedly spin the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness.

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.

Power Yoga:

Power yoga is 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.

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. PT TOTS is a wonderful interactive program.

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 Tone:

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®/TRX® Core:

Designed by Navy Seals, TRX Suspension training will challenge the body much differently than traditional workouts. Intended to focus on the "core" which determines how much force can be applied by the arms and legs. TRX can be modified to a range of fitness levels.

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 Yoga/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.

ViPR Fusion:

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.

WATERinMOTION™:

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 cardiohealth & 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 a fun outdoor 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.

***Yokosuka 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 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 are FREE for E1-E5 with valid Blue Jacket card

SCHEDULE IS SUBJECT TO CHANGE

Please visit:
www.facebook.com/yokosukamwrhappenings
Or call the Navy Fitness office at
241-4486