



August 2022 Yokosuka/Ikego GX Class Schedule

Fleet Rec (5F) GX Studio	Fleet Rec (5F) Patio	Hawks Nest	Ikego	Green Beach Pool	Purdy (1F) GX Studio	Purdy Pavilion		
MONDAY			TUESDAY			WEDNESDAY		
8:45-9:20a	BODYATTACK EXP <i>with Yuka</i>	STICKER	9:00-9:30a	YOGA ON THE BALCONY <i>with Noel</i>	FREE	8:45-9:20a	BODYATTACK EXP <i>with Yuka</i>	STICKER
9:00-10:00a	BODYPUMP <i>with Mika</i>	STICKER	8:45-9:15a	GRIT <i>with Amanda</i>	STICKER	9:00-10:00a	BODYPUMP <i>with Amanda</i>	STICKER
9:00-10:00a	ZUMBA <i>with Inma</i>	STICKER	9:00-10:00a	ZUMBA <i>with Sayumi</i>	STICKER	9:25-10:10a	C&R YOGA <i>with Yuka</i>	STICKER
9:25-10:10a	C&R YOGA <i>with Yuka</i>	STICKER	9:00-10:00a	BODYCOMBAT <i>with Mika</i>	STICKER	9:15-10:00a	ZUMBA <i>with Mowako</i>	FREE
5:00-5:45p	BODYPUMP EXP <i>with Sachiko</i>	FREE	9:25-10:15a	BODYBALANCE EXP <i>with Amanda</i>	STICKER	10:30-11:30a	ZUMBA <i>with Kim</i>	STICKER
5:00-6:00p	HATHA YOGA <i>with Noel</i>	STICKER	10:30-11:30a	BODYPUMP <i>with Yuka</i> August 23rd & 30th only	STICKER	5:00-5:45p	RESTORATIVE YOGA <i>with Noel</i>	STICKER
THURSDAY			FRIDAY					
8:45-9:15a	GRIT <i>with Amanda</i>	STICKER	12:00p-1:00p	ZUMBA <i>with Rey</i>	FREE	5:00-6:00p	BARRE CARDIO <i>with May</i> August 17th, 24th & 31st only	STICKER
9:00-10:00a	ZUMBA <i>with Sayumi</i>	STICKER	4:30-5:30p	BODYBALANCE <i>with Sasara</i>	FREE	6:00-7:00p	ZUMBA <i>with Rey</i>	FREE
9:15-9:45a	AQUAFIT <i>with Ian</i>	\$5.00**	5:00-6:00p	BODYPUMP <i>with Amanda</i>	STICKER	6:10-7:10p	POWER YOGA <i>with May</i> August 17th, 24th & 31st only	STICKER
10:30-11:30a	VINYASA YOGA <i>with Yuka</i> August 25th only	STICKER	9:00-10:00a	BODYPUMP <i>with Amanda</i>	STICKER			
11:00-12:00	BODYPUMP <i>with Mika</i>	STICKER	9:00-10:00a	VINYASA YOGA <i>with May</i> August 19th & 26th only	STICKER			
5:00-6:00p	BODY HIIT <i>with May</i> August 18th & 25th only	FREE	9:00-9:40a	BODYCOMBAT <i>with Mika</i>	STICKER			
6:10-7:10p	VINYASA YOGA <i>with May</i> August 18th & 25th only	STICKER	9:45-10:15a	DRUM FIT <i>with Mika</i>	STICKER			
			10:30-11:00a	LES MILLS RPM <i>with Amanda</i>	STICKER			
			10:30-11:30a	ZUMBA <i>with Kim</i>	STICKER			
			11:00-12:00p	ZUMBA <i>with Naoko</i>	FREE			
			SATURDAY					
			8:45-9:45a	BODYPUMP <i>with Amanda</i>	STICKER			
			10:00-11:00a	BODYCOMBAT <i>with Yukari</i> August 13th & 27th only	FREE			
			SUNDAY					
			10:00-11:00a	BODYCOMBAT <i>with Kenji</i>	FREE			

**Group Fitness
Sticker Fees**

Single Sticker: \$3
10 Stickers: \$25

**Weightlifting
Program Fees**

Monthly fees vary by program
Drop-in Sticker*: \$5

**WEIGHTLIFTING
PROGRAMS**

Functional Fitness
Location: Fleet Rec (5F) Functional Fitness Area
Monday - Friday | 5:00 - 6:00am
Monthly rate: \$75

HS Summer Strength & Conditioning (9-12 grade)
Location: Purdy Outdoor Berkeley Field
Tuesday & Thursday | 7:00 - 8:00am
Monthly rate: FREE
Ends August 19th

HS Intro To Strength Training (9-12 grade)
Location: Purdy Outdoor Tactical Fitness Box
Saturday | 8:15 - 9:30am
Monthly rate: FREE
Ends August 13th

Tactical Fitness
Location: Purdy Outdoor Tactical Fitness Box
Monday - Fridays
8:30 - 9:30am | 4:45 - 5:45pm
Monthly rate: \$60

Monday, Wednesday & Friday | 7:00 - 8:00am
Drop-in stickers only
Ends August 19th

Weightlifting (Olympic Lifting Techniques)
Location: Fleet Rec (5F) Functional Fitness Area
Tuesday & Friday | 6:00 - 8:00pm
Monthly rate: \$30



Schedule is subject to change
For more information, please visit:
www.facebook.com/MWRathleticsyokosuka
or call the Fitness Office at 241-4486

AQUAFIT:

Aquafit is training on water, making it more challenging by activating your stabilizing muscles along with your movement muscles, leading to more calories burnt! All with low impact training on joints, and balance improvement. **Register on MyFFR

BARRE CARDIO:

Barre Cardio is a ballet inspired high intensity aerobic and sculpting workout. It will develop the lean and strong muscles through the high-repetition movements with dynamic and static endurance training. The primary movements include Barre, ballet, kicking, boxing and HIIT.

BARRE STRENGTH:

Ballet inspired total body sculpting workout. Practice regularly will develop the lean and strong muscles to improve the core strength, alignment, balance and posture. The primary movements include Barre, ballet, kick-boxing, dumbbell total body sculpting workout.

BODY HIIT:

Quick and intense workout, powering through strength and into a cardio burst to aim for a sweaty total body workout. You will build lean muscle and endurance. Intensity can be modified to your fitness capability.

CONDITIONING & RECOVERY (C&R) YOGA:

Yoga aids in muscle recovery, strengthens underused muscles and helps prevent injuries. Include yoga as a balanced fitness routine so you can keep enjoying your favorite activities or exercises. Your journey to a stronger, fitter and more flexible body starts here.

DANCE FITNESS:

Full body cardio workout using Hip Hop, Chicago style Line dancing and belly dancing movements.

DRUM FIT:

Lightly weighted drumsticks engineered specifically for exercising, DRUM FIT transforms drumming into an incredibly effective way of working out. Designed for all fitness levels, DRUM FIT provides the perfect atmosphere for letting loose, getting energized, toning up and have a fun

GENTLE YOGA:

Is a gentler style of yoga practice. It is performed at a slower pace, focusing on deep stretch, restoration and relaxation.

HATHA YOGA:

In this class different poses are practiced to align, strengthen and promote flexibility in the body. A focus on breathing and being present are included as well. The focus is on simplicity, repetition, and ease of movement. Everyone is welcome.

LES MILLS BODYATTACK™:

Is a high-energy sports conditioning class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. It's great for improving functional fitness such as coordination and agility, and for maximizing cardio stamina. (BODYATTACK Express - 30 or 45 minutes version)

LES MILLS BODYBALANCE™ / Express:

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 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 BODYPUMP™ / Express:

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

LES MILLS GRIT™:

A High-Intensity Interval Training workout that takes you to the next level.

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.

MORNING YOGA:

Gentle morning yoga with a view! Come outside to the 5th floor balcony to connect your body and mind with a series of yoga movements meant to activate, restore and rejuvenate. We'll greet the day with a series of stretching, strengthening and breath work.

POWER YOGA:

A modern-day form of classical Hatha yoga, it is a fast-paced, energetic vinyasa style of yoga that's focused on building strength and endurance. It is an excellent form of yoga for burning calories.

RESTORATIVE YOGA:

Restorative yoga is a style of yoga that encourages physical, mental, and emotional relaxation. Appropriate for all levels, restorative yoga is practiced at a slow pace, focusing on long holds, stillness, and deep breathing.

VINYASA YOGA:

Faster paced movement connected to your breath for a strong mind and body connection, working towards your personal best balance between strength and ease. Great for medium, advanced, and athletes alike for mobility and functional fitness.

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.

Weightlifting 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. Monthly cost: \$75

SUMMER STRENGTH & CONDITIONING:

Bodyweight strength, agility, and conditioning designed to help athletes build a solid foundation of strength, movement mechanics, and endurance. These skills and drills are designed to improve athleticism across the full range of sports, with special attention toward guarding against common injuries that are common in young athletes.

INTRO TO STRENGTH TRAINING :

Designed to teach young athletes the principles of strength training, with attention on introducing and improving proper form and technique. Movements taught will include squat, deadlift, bench press, overhead press, pull-ups, and power cleans, which will help increase strength and explosive power in athletes.

TACTICAL FITNESS:

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.

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.