



# February 2023

## Yokosuka/Ikego GX Class Schedule

Fleet Rec (5F) Spin Studio		Fleet Rec (5F) GX Studio		Purdy Basketball Court		Ikego Wellness Center		Purdy Pool		Purdy (1F) GX Studio		Purdy Pavilion	
MONDAY				TUESDAY				WEDNESDAY					
08:30-09:15a	<b>LES MILLS RPM</b> <i>with Kristen</i>	FREE	8:45-9:15a	<b>GRIT</b> <i>with Amanda</i>	STICKER	08:30-09:15a	<b>LES MILLS RPM</b> <i>with Kristen</i>	FREE					
8:45-9:20a	<b>BODYATTACK EXP</b> <i>with Yuka</i>	STICKER	8:45-9:45a	<b>BODYCOMBAT</b> <i>with Mika</i>	STICKER	8:45-9:20a	<b>BODYATTACK EXP</b> <i>with Yuka</i>	STICKER					
8:45-9:45a	<b>BODYPUMP</b> <i>with Mika</i>	STICKER	9:00-10:00a	<b>ZUMBA</b> <i>with Sayumi</i>	STICKER	9:00-10:00a	<b>BODYPUMP</b> <i>with Amanda</i>	STICKER					
9:30-10:15a	<b>C&amp;R YOGA</b> <i>with Yuka</i>	STICKER	09:15-09:45a	<b>AQUAFIT</b> <i>with Ian</i>	Reg in Adv in MyFFR	9:15-10:00a	<b>ZUMBA</b> <i>with Amanda</i>	FREE					
10:00-10:30a	<b>SUP YOGA</b> <i>with Noel</i>	FREE	9:25-10:15a	<b>BODYBALANCE EXP</b> <i>with Amanda</i>	STICKER	9:30-10:15a	<b>C&amp;R YOGA</b> <i>with Yuka</i>	STICKER					
10:15-11:15a	<b>ZUMBA</b> <i>with Inma</i>	STICKER	10:00-10:30a	<b>DRUM FIT</b> <i>with Mika</i>	FREE	10:00-10:30a	<b>SUP YOGA</b> <i>with Noel</i>	FREE					
5:00-6:00p	<b>BODYPUMP</b> <i>with Sachiko</i>	FREE	10:30-11:30a	<b>BODYPUMP</b> <i>with Yuka</i>	STICKER	10:00-11:00a	<b>ZUMBA</b> <i>with Kim</i>	STICKER					
5:00-6:00p	<b>HATHA YOGA</b> <i>with Noel</i>	STICKER	4:30-5:30p	<b>BODYBALANCE</b> <i>with Sasara</i>	FREE	10:15-11:15a	<b>HATHA YOGA</b> <i>with Sarah</i>	FREE					
6:00-7:00p	<b>VINYASA YOGA</b> <i>with Sarah</i>	FREE	5:00-6:00p	<b>BODYPUMP</b> <i>with Amanda</i>	STICKER	4:00-4:45p	<b>RESTORATIVE YOGA</b> <i>with Noel</i>	STICKER					
THURSDAY				FRIDAY				SATURDAY					
8:45-9:15a	<b>GRIT</b> <i>with Amanda</i>	STICKER	9:00-10:00a	<b>BODYPUMP</b> <i>with Amanda</i>	STICKER	8:45-9:45a	<b>BODYPUMP</b> <i>with Amanda</i>	STICKER					
9:00-10:00a	<b>ZUMBA</b> <i>with Sayumi</i>	STICKER	9:00-9:40a	<b>BODYCOMBAT</b> <i>with Mika</i>	STICKER	10:00-11:00a	<b>BODYCOMBAT</b> <i>with Yukari</i> <small>FOR 11TH &amp; 12TH ONLY</small>	FREE					
9:00-10:00a	<b>BODYPUMP</b> <i>with Mika</i>	STICKER	9:00-9:45a	<b>BODYPUMP EXP</b> <i>with Yuka</i>	STICKER	10:00-11:00a	<b>BODY ATTACK</b> <i>with Yukari</i> <small>FOR 11TH &amp; 12TH ONLY</small>	FREE					
10:15-10:45	<b>AQUAFIT</b> <i>With Ian</i>	Reg in Adv in MyFFR	10:00-10:45a	<b>C&amp;R YOGA</b> <i>with Yuka</i>	FREE	SUNDAY							
10:30-11:30a	<b>VINYASA YOGA</b> <i>With Yuka</i>	STICKER	11:00-12:00a	<b>ZUMBA</b> <i>with Inma</i> <small>NO CLASSES THIS MONTH</small>	FREE	9:00-10:00a	<b>VINYASA</b> <i>with Sarah</i>	FREE					
4:30-5:30p	<b>BODY HIIT</b> <i>with May</i>	FREE	9:45-10:15a	<b>DRUM FIT</b> <i>with Mika</i>	STICKER	10:00-11:00a	<b>BODYCOMBAT</b> <i>with Kenji</i>	FREE					
5:40-6:40p	<b>VINYASA YOGA</b> <i>with May</i>	STICKER	10:00-11:00a	<b>ZUMBA</b> <i>with Kim</i>	STICKER								
5:00-5:45p	<b>LES MILLS RPM</b> <i>with Kristen</i>	FREE	10:30-11:00a	<b>LES MILLS RPM</b> <i>with Amanda</i>	STICKER								
			5:00-6:00p	<b>SLOW VINYASA</b> <i>with Sarah</i>	FREE								

### Group Fitness Sticker Fees

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

### Weightlifting Program Fees

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



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

### WEIGHTLIFTING PROGRAMS

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

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

**HS Strength & Conditioning (9-12 grade)**  
Location: Purdy Outdoor Tactical Fitness Box  
Tuesday & Thursday | 3:00 - 4:30pm  
Monthly rate: FREE!

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

### **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.

### **SUP YOGA:**

Come join Noel through 30 minute Vinyasa style Yoga class with a twist! Tethered SUP boards are set in the shallow end of the Purdy pool for a safe, fun, full body workout.

### **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:**

### **H S 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.

### **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

### **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.