April 2024
Yokosuka GX Class Schedule



Fleet Rec (5F) Cycling Studio	Fleet Rec (5F) GX Studio	Purdy Pool	Niban Tower Community Room	Hawk's Nest	Purdy Pavilion

MONDAY

6:00a-6:45a	VINYASA YOGA *with Aaron*	FREE
8:30-9:30a	LES MILLS RPM *with Kristen* Cancelled April 22	FREE
8:45-9:30a	BODYATTACK EXP *with Yuka*	COMBO
9:00-10:00a	BODY COMBAT *with Sachiko*	FREE
9:35-10:20a	C&R YOGA *with Yuka*	COMBO
5:00-5:45p	LES MILLS RPM *with Kristen* Cancelled April 22	FREE
5:30-6:30p	BODY PUMP *with Sachiko*	FREE

THURSDAY

06:00-7:00a	LES MILLS RPM *with Ron* Cancelled April 18	FREE
6:30-7:00A	9Round Boxing *with Mike*	FREE
8:45-9:15a	GRIT CARDIO *with Amanda*	FREE
9:00-10:00a	ZUMBA *with Sayumi*	FREE
9:15-9:45a	AQUAFIT *With Ian*	Reg in Adv in MyFFR
10:30-11:30a	BODYPUMP *with Yuka*	COMBO
11:45-12:45	VINYASA YOGA *with Yuka*	COMBO
5:00-6:00p	BODYPUMP *with Amanda*	STICKER
5:30-6:30p	AQUA CYCLE *with Ron* Cancelled April 18	FREE

TUESDAY

6:30-7:00a	9Round Boxing *with Mike*	FREE
8:45-9:15a	GRIT *with Amanda*	COMBO
9:00-10:00a	ZUMBA *with Sayumi*	STICKER
9:15-9:45a	AQUAFIT *with Ian*	Reg in Adv in MyFFR
9:25-10:15a	BODY BALANCE EXP *with Amanda*	COMBO
10:30-11:30a	BODYPUMP *with Yuka*	STICKER
5:00-6:00p	BODYPUMP *with Amanda*	STICKER

FRIDAY

6:00-6:45a	RESTORATIVE YOGA *with Aaron*	FREE
8:45-9:45a	BODY COMBAT *with Mika*	FREE
9:00-10:00a	BODYPUMP *with Amanda*	STICKER
10:00-11:00a	ZUMBA *with Kim*	FREE
5:00-6:00p	BODY COMBAT *with Sachiko*	FREE

WEDNESDAY

6:15a-6:45a	RESTORATIVE YOGA *with Aaron*	FREE
8:30-9:30a	LES MILLS RPM *with Kristen* Cancelled April 24	FREE
8:45-9:30a	BODYATTACK EXP *with Yuka*	FREE
9:00-10:00a	BODYPUMP *with Amanda*	FREE
9:35-10:20a	C&R YOGA *with Yuka*	FREE
10:00-11:00a	ZUMBA *with Kim* Cancelled April 10	STICKER
4:30-5:30p	BODY BALANCE *with Sasara* Cancelled April 24	FREE
5:30-6:30p	BODY BALANCE *with Ryan* Cancelled April 24	STICKER
5:30-6:30p	LES MILLS RPM *with Ron* Cancelled April 17	FREE

SATURDAY

8:45-9:45a	BODYPUMP *with Amanda*	FREE
10:00-11:00a	BODY COMBAT *with Yukari* (On April 13 & 27)	STICKER
10:00-11:00a	BODY ATTACK *with Yukari* (On April 6 & 20)	FREE
11:15-12:00p	POWER YOGA *with Rie* Cancelled April 13	FREE

SUNDAY

09:00-09:45a	BODY BALANCE EXP *with Ryan* Cancelled April 21 & 28	STICKER
09:30-10:30a	LES MILLS RPM *with Ron* Cancelled April 21	FREE
10:00-11:00a	BODY COMBAT *with Kenji*	FREE
9:00-9:45a	Circuit Boot Camp *with Mika* April 21 & 28	STICKER

Group Fitness Sticker Fees

Single Sticker: $3
10 Stickers: $25

Combo Classes

Pay one $3 single sticker get the other class free.

Weightlifting Program Fees

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

*Drop-ins accepted based on availability

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-Friday | 6:00-7:00am
Monday-Friday | 8:30-9:30am
Monday-Friday | 4:30-5:30pm
Monthly rate: $60

TacFit Lite
Location: Purdy Outdoor Tactical Fitness Box
Monday, Wednesday & Friday | 9:45 -10:45am
Monthly rate: $30

Barbell Club
Location: Purdy Outdoor Tactical Fitness Box
Tuesday & Thursday | 9:45-11:45am
Monthly rate: $30

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

AQUA CYCLE:
Aqua Cycle is a refreshing take on spin class that puts the cycling underwater. Invigorating and low-impact, you will pedal through resistance, sculpting and toning your muscles while minimizing stress on the joints.

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

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.

CORE:
Core is a dynamic workout deigned to enhance core strength, tone and athletic performance. This regimen focuses on fortifying the muscles crucial for support, promoting stability and endurance. By honing balance and aiding in injury prevention, Core empowers individuals to excel in various sports and activities and improves overall physical health.

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 repeti tions, 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.

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.

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.

9Round Boxing:
30 min of high intensity boxing to build your strength, agility and fitness level.

Circuit Boot Camp:
45 min workout geared towards increasing your endurance, strength, power, stamina and speed .Work your upper body, core and lower body in intervals to keep you pushing to the next level.

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.

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.

TACFIT LITE:

TacFit Lite is a cross training programmed designed for the following athletes: the beginner athlete, pre, peri, and postpartum athletes, the previously injured athlete, athletes coming back from an extended break and anybody interested in becoming lean, strong and healthy.

THE BARBELL CLUB:

The Barbell Club is an Olympic lifting class designed to improve your strength and technique in the Olympic lifts, the Clean and Jerk and Snatch. Our class breaks the movements down in order to practice technique while also building form and stability in the lifts. Classes include strength, technique work, accessory work and complexes.

WEIGHTLIFTING (OLYMPIC LIFTING TECNIQUES):

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.

April 2024

Ikego GX Class Schedule

Location: Asuka Tower Community Room



Monday		
9:00—10:00 a	Body Pump with Mika	Sticker
Tuesday		
8:45—9:45 a	Zumba with Miwako	Free
Wednesday		
9:00—10:00 a	Hatha Yoga with Sarah	Free
Thursday		
9:00—10:00 a	Body Pump with Mika	Free
Friday		
9:00—10:00a	Condition & Recovery with Sarah	Sticker

April Cancellations:

Condition & Recovery:

April 26th

Zumba:

April 2 & 30

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Single Sticker: $3

10 Stickers: $25

Combo Classes

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Schedule is subject to change

For more information, please visit:

www.facebook.com/NavyMWRYokosuka

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.

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.

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.

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!