



July 2025

Yokosuka Group Fitness Schedule



Fleet Rec (5F) GX Studio		Purdy Pool		Niban Tower Community Room		Fleet Rec Cycle Studio		Hawk's Nest		Purdy Pavilion	
	MONDAY				TUESDAY				WEDNESDAY		
8:45-9:30a	BODYATTACK EXP <i>with Chihiro</i>		STICKER	6:00-7:00a	SPIN <i>with Olivia</i>		FREE	9:00-10:00a	BODYPUMP <i>with Mika</i>		STICKER
9:00-10:00a	BODYPUMP <i>with Mika</i>		COMBO	9:00-10:00a	ZUMBA <i>with Sayumi</i> <u>No Class July 8th</u>		STICKER	10:30-11:30a	ZUMBA <i>with Kim</i> <u>No Class July 2nd</u>		STICKER
10:00-10:45a	BODYBALANCE <i>with Mika</i> <u>No Class July 7th</u>		COMBO	10:30-11:30a	BODYPUMP <i>with Sachiko</i>		STICKER	11:30-12:30p	SPIN <i>with Mike</i>		FREE
11:30-12:30p	SPIN <i>with Mike</i>		FREE	5:00-6:00p	BODYPUMP <i>with Phil</i>		COMBO	4:30-5:30p	BODY BALANCE <i>with Sasara</i>		STICKER
5:00-6:00p	BODYPUMP <i>with Phil</i>		COMBO	5:30-6:15p	INDOOR CYCLING <i>with Ron</i>		FREE	5:00-6:00p	BODY COMBAT <i>with Mika</i>		STICKER
6:10-7:00p	BODYBALANCE <i>with Phil</i>		COMBO	6:10-07:00p	BODYBALANCE <i>with Phil</i>		COMBO		SATURDAY		
	THURSDAY				FRIDAY			8:45-9:45a	BODYPUMP <i>with Yukari</i>		COMBO
6:00-7:00a	SPIN <i>with Olivia</i>		FREE	9:00-10:00a	BODY COMBAT <i>with Mika</i> <u>No Class July 4th</u>		STICKER	10:00-11:00a	BODY COMBAT <i>with Yukari</i> <u>7th & 21st Only</u>		COMBO
9:00-10:00a	ZUMBA <i>with Sayumi</i> <u>No Class July 10th</u>		FREE	10:30-11:30a	ZUMBA <i>with Kim</i> <u>No Class July 4th</u>		FREE	10:00-11:00a	BODY ATTACK <i>with Yukari</i> <u>14th & 28th Only</u>		COMBO
10:30-11:15a	BODYPUMP EXP <i>with Chihiro</i>		STICKER	5:00-6:00p	BODY COMBAT <i>with Phil</i> <u>No Class July 4th</u>		STICKER		SUNDAY		
11:30-12:30p	VINYASA YOGA <i>with Jenny</i> <u>No Class July 24th</u>		FREE					8:45-9:45a	BODYPUMP <i>with Sachiko</i>		STICKER
5:00-6:00p	BODYPUMP <i>with Mika</i>		STICKER					9:00-9:45a	INDOOR CYCLING <i>with Ron</i> <u>No Class July 6th</u>		FREE
5:30-6:15p	INDOOR CYCLING <i>with Ron</i> <u>No Class July 3rd & 31st</u>		FREE					10:00-11:00a	BODY COMBAT <i>with Phil</i>		STICKER
6:15p-7:15p	BODYBALANCE <i>with Phil</i>		STICKER								

ALL GX CLASSES
ARE FREE TO AC-
TIVE DUTY
Must show ID

Weightlifting Programs

Functional Fitness

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

Weightlifting (Olympic Lifting Techniques)

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

Weightlifting Programs:

POWER HOUR:

Power Hour focuses on the 3 power lifts: squat, bench, and deadlift. In this class we focus on improving your technique in those lifts which will also improve your functional strength, muscular endurance, and bone density.

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.

TACFIT BASICS:

Designed to provide an introduction to the core principles and exercises of the Tactical Fitness Program. Under guidance of experienced coaching staff, participants learn proper technique for barbell lifts, body weight exercises and cardiovascular activities.

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 anyone 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 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.

Group Exercise Classes:

INDOOR CYCLING

Indoor cycling is a low impact exercise designed to improve your cardiovascular health. Benefits include strength and endurance but will also challenge your core engagement. With emphasis on high-intensity training, indoor cycling will assist in burning the most calories in a short period of time and intended for all levels.

LES MILLS BODYATTACK ®

A high-energy sports conditioning class with moves that cater to total beginners as well as advanced members. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. Improves coordination and agility, while maximizing cardio stamina.

LES MILLS BODYBALANCE ®

Ideal for anyone and everyone, LES MILLS BODYBALANCE® is a new generation yoga class that will improve your mind, your body and your life. Expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates. Instructors will always provide options for those just getting started.

LES MILLS BODYCOMBAT ®

A no-contact, high energy martial arts inspired workout where you punch and kick your way to fitness! No experience needed. Release stress, have a blast and feel like a champ!

LES MILLS BODYPUMP ®

A total body workout using light to moderate weights with many repetitions. Instructors will coach you through the moves & techniques while encouraging and motivating you to achieve a stronger, healthier body.

SPIN

Rev up your fitness in our high-energy Spin Class! Burn calories, boost endurance, and tone muscles in this fun, fast-paced workout. Whether you're a beginner or pro, the instructor will guide you through challenging intervals and energizing tunes.

VINYASA YOGA

A flowing, breath-synchronized style of yoga that builds strength, flexibility, and balance. Great for all levels looking to energize the body and calm the mind.

ZUMBA ®

A total workout, combining all elements of fitness— cardio, muscle conditioning, balance, flexibility, to boost your energy. The mix of low and high-intensity moves provides for an interval-style, calorie-burning dance fitness party.

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

Schedule is subject to change

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

July 2025

Ikego GX Class Schedule

Location: Asuka Tower Community Room



Tuesday		
9:00—10:00a	Zumba with Miwako	Free
10:30-11:30a	Slow Flow Yoga with Jaqueline	Free
Wednesday		
10:30—11:30a	Gentle Yoga with Patricia	Free
Thursday		
19:00-20:00	Vinyasa Yoga with Patricia	Free

Group Fitness Sticker

Fees

Single Sticker: \$3

10 Stickers: \$25

Combo Classes

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

Active Duty Military Members can attend
all group fitness classes free with ID

Schedule is subject to change

For more information, please visit:

www.facebook.com/NavyMWRYorkosuka



Zumba:

A total workout, combining all elements of fitness— cardio, muscle conditioning, balance, flexibility, to boost your energy. The mix of low and high-intensity moves provides for an interval-style, calorie-burning dance fitness party.

Gentle Yoga:

A calming and restorative class designed for all levels. Designed for improved flexibility, stress relief and reconnecting with your body and mind. Gentle movements and mindful breathing practices will leave you feeling refreshed, balanced and relaxed.

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.