

# Group Exercise Schedule

WWW.NAVYMWRDAHLGREN.COM/FITNESS-SPORTS

**GROUP EX STUDIO**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING</b>		TOTAL BODY: CONDITIONING 7-8 A.M.	SPIN 60 6:30-7:30 A.M.	TOTAL BODY: STRONG 7-8 A.M.	SPIN 60 6:30-7:30 A.M.
<b>AFTERNOON</b>			CARDIO DANCE <i>FAMILY FRIENDLY</i> 10-11 A.M.	TOTAL BODY: CONDITIONING <i>FAMILY FRIENDLY</i> 9:30-10:15 A.M.	
<b>EVENING</b>	TOTAL BODY: KETTLEBELL 11:30-12:15 P.M.		TOTAL BODY: HITT & RECOVERY 11:30-12:15 P.M.		TOTAL BODY: STRONG 11:30-12:15 P.M.
<b>SPECIALS*</b>	TOTAL BODY: STRONG (LOWER BODY) 4:15-4:45 P.M.	YOGA 4:15-5:15 P.M.	CARDIO DANCE 4:15-5:15 P.M.	TOTAL BODY: STRONG (UPPER BODY) 4:15-4:45 P.M.	
	ISSHINRYU KARATE* -5 P.M. DANCE CLASS*-6:30 P.M.	BUDO TAIJUTSU* 6:30 P.M.		ISSHINRYU KARATE* -5 P.M. DANCE CLASS*-6:30 P.M.	

\*CLASSES HAVE ADDITIONAL FEES AND REGISTRATION DATES.

**FAMILY FITNESS**

CARDIO DANCE 10-11 A.M.	TOTAL BODY: PARENT STRONG 9:30-10:15 A.M.		
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**AQUATICS**

AQUA FLEX 10 A.M.	AQUABATA 4:30 P.M.	AQUA FLEX 10 A.M.	
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## COST

**ACTIVE DUTY  
RETIRED MILITARY  
& DEPENDENTS :  
FREE**

**ALL OTHERS :**

**30/45/60 MINUTE  
CLASS - \$4**

**8-CLASS PUNCH - \$24**

**20 CLASS PUNCH - \$50**

**MONTHLY PASS - \$15**

## CLASSES

-  **CARDIO**
-  **TONING & CONDITIONING**
-  **MIND & BODY**
-  **AQUATICS**
-  **SPECIALS**

**ISSHINRYU KARATE**  
Cost: \$75,  
\$65 for each additional  
family member

**BUDO TAIJUTSU**  
Cost: \$50 Active duty  
\$75 All others

**BALLET & JAZZ TAP  
CLASSES**  
August 20 – October 11  
Cost: \$50 Military  
\$60 Civilians

**FITNESS CENTER**  
540-653-8580  
17540 DAHLGREN RD BLDG 1610

MON-FRI: 5 A.M.-9 P.M.  
SAT-SUN: 8:30 A.M.– 1:30 P.M.  
SEE FRONT DESK FOR 24 HOUR ACCESS

FEES:  
ACTIVE DUTY/RETIRED MILITARY,  
DOD CIVILIANS & DEPENDENTS: FREE  
CONTRACTORS: \$5/DAY, \$40/MONTH, \$400/YEAR

**AQUATICS CENTER**  
540-653-8088  
6110 JENKINS RD BLDG 1193

LAP SWIM:  
MON-FRI: 11 A.M.-1 P.M. / 3-6 P.M.  
OPEN REC SWIM:  
MON-FRI: 3-6 P.M. / SATURDAY 12-3 P.M.

OPEN REC SWIM FEES:  
ACTIVE DUTY/RETIRED MILITARY: FREE  
DOD CIVILIANS: \$5, CONTRACTORS/GUESTS: \$6  
CHILDREN 5 YEARS & UNDER: FREE



**AQUA BOOT CAMP Offered by request only** Aqua Boot Camp is a HIGH INTENSITY water fitness program that provides the benefits of a pool, as well as the benefits of weight and resistance training of a traditional gym. This water fitness work out, will improve your cardiovascular fitness, increase strength, endurance and improve flexibility. Prepare for some intense movement to get your body in shape and achieve maximum results through this fun and challenging total body workout that provides minimum impact on joints! This class incorporates weights, water sprints and some deck movement. All Levels welcome! Participants should already know how to swim.

**AQUA FLEX** A fabulous low impact workout for any age or fitness level. Features both deep and shallow water exercises to get the heart pumpin' and blood flowin'. Improve your joint range of motion, flexibility and balance with Aqua Flex. Aqua Flex is designed to strengthen those parts of the body that and improve the ease of everyday activities.

**AQUABATA** AquaBata is an interval fitness class using the Tabata format with varied intensity to Improve aerobic and anaerobic conditioning to maximize energy expenditure. Tabata is a type of high intensity interval training that follows a specific format: 20 seconds of an exercise with 10 seconds of rest for 8 cycles. This class takes place in the shallow water of our lap pool, but some participants do the same exercises in the deeper water.

**CARDIO DANCE** Enjoy this world-music inspired class and work out while you party! You're sure to have fun working your muscles with easy to follow dance steps set to music from all genres.

**SPIN** A vigorous cardio class without comparison. An exercise class on stationary bikes, perfect for any fitness enthusiast, recreational cyclist or serious racer. An indoor group bicycling class designed for all fitness levels. High cardio without the impact on the joints. Spin30 is a 30 minute ride, Spin45 is a 45 minute ride, and Spin60 is a 60 minute ride. \*Please arrive to class a few minutes early to set up your bike.

**YOGA** Enjoy the benefits of increase core strength and toning of the entire body along with improved flexibility, posture, concentration, endurance and balance while working at your own pace. Anyone can attend and expect levels to accommodate beginners through advanced patrons.

*This class does not count as a PT session for active duty.*

## **TOTAL BODY SERIES**

**CONDITIONING:** This class consists of metabolic circuits that will help improve overall fitness. Class includes plyometrics, strength and conditioning, cardio, muscular endurance and core development to help burn body fat, improve metabolism and overall work capacity.

**HIIT:** A short but intense class will help you burn calories, improve overall body composition, boost endurance utilizing high intensity bouts of cardio followed by periods of rest.

**KETTLEBELL:** Full body strength and conditioning class, utilizing kettlebells and teaching proper kettlebell technique.

**STRONG:** This class is designed to build strength, add definition, increase your bone density and decrease body fat by increasing lean muscle. You will use a variety of equipment including dumbbells, kettlebells, barbells and resistance bands. Mondays class will focus on lower body and Thursdays class will focus on upper body.

**RECOVERY:** Focus on active recovery, mobility and flexibility.