

Group Exercise Schedule

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GROUP EX STUDIO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING		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.
AFTERNOON					
EVENING	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.	
SPECIALS*	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

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AQUATICS

	AQUA FLEX 10 A.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 DANCE CLASSES**
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.

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.

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.

TOTAL BODY SERIES 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.

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.