

# Group Exercise Schedule

WWW.NAVYMWRDAHLGREN.COM/FITNESS-SPORTS

JUNE-AUG

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MORNING

AFTERNOON

EVENING

SPECIALS\*

	CARDIO/ STRENGTH 7 A.M.	SPIN 45 6:30 A.M.		SPIN 45 6:30 A.M.
		BALANCE, RESTORE & REGENERATION 11:30 A.M.		TOTAL BODY 30 11:30 A.M.
MUSCLE FIT 4:15 P.M.	YOGA 4:15 P.M.	CARDIO DANCE 4:15 P.M.	MUSCLE FIT 4 P.M.	
ISSHINRYU KARATE - 5 P.M.	BUDO TAIJUTSU 6:30 P.M.		ISSHINRYU KARATE - 5 P.M.	

\*CLASSES HAVE ADDITIONAL FEES AND REGISTRATION DATES.

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

FAMILY FITNESS

CARDIO DANCE 10 A.M.		CARDIO DANCE 10 A.M.		
-------------------------	--	-------------------------	--	--

AQUATICS

	AQUA FLEX 10 A.M.	AQUABATA 4:30 P.M.	AQUA FLEX 10 A.M.	
--	----------------------	-----------------------	----------------------	--

## 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:

DAILY NOON-6 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.

**BALANCE, RESTORE & REGENERATION** Renew your movement, balance, flexibility and stretch while releasing tight overworked muscles. This class is dedicated to assisting you rebuild your foundation and regenerate your muscles and gain overall flexibility

**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.

**FIT BOOT CAMP FOR PARENTS** This Fit Boot Camp is held in our Family Room for parents with children ages 6 weeks to 6 years old. Parents can work out while their children play. Each class includes cardio drills, strength training and core work. All fitness levels are welcome to attend. Both high- and low-intensity modifications will be shown.

**MUSCLE FIT** Work your muscles in every way possible in this class designed to build strength, add definition, increase your bone density, and decrease your body fat by increasing your lean muscle. You will use hand weights, plate loaded barbells, tubing and your own body weight to change the shape of your body. No muscle gets neglected in this class

**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 30** This class challenges your fitness level using traditional and functional fitness training techniques to increase cardiovascular levels, muscular strength, power and endurance.

**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.