NAVAL AMPHIBIOUS BASE

GROUP EXERCISE CLASS DESCRIPTIONS

Body Blast: Different exercise formats such as strength training, circuit training, High-intensity interval training (HIIT), cardiovascular, or mind/body exercises to improve overall body conditioning. The class is open to all fitness levels.

Challenge Of The Day (C.O.D): Variety of exercises focusing on total-body strength training and metabolic (cardio) conditioning.

Metabolic Conditioning: Variety of exercises focusing on total body strength training and metabolic (cardio) conditioning that will challenge any fitness level.

Command PT: Schedule a Navy command physical training session with a fitness specialist leading the workout. Please inquire with a fitness staff member for more details. (Active Duty Only)

Fitness Conditioning: Full body physical fitness program to improve muscular strength, endurance, and flexibility.

SPIN: High intensity cardio workout that's is low-impact and combines motivating music, easy to follow instructions. No matter your skill level, you'll enjoy a fun ride that will make you feel fit and full of energy. Beginning spinners, please arrive 15 minutes early for bike set up

TRX Suspension Training: Delivers a fast, effective functional strength and conditioning workout. Helps build a rock-solid core and increases muscular endurance.

Warrior Fitness: A functional strength and conditioning workout to maximize overall performance utilizing Barbells, Kettle Bells, TRX's, Sandbags, and other popular modalities. This indoor/outdoor full body training will definitely "H.I.I.T" the target!

Yoga: Using the breath to flow through yoga postures helps ignite the fire in our selves. Yoga is a great modality to alleviate stress, improve posture, balance and flexibility. All fitness levels welcome.