

2025

NAVAL AMPHIBIOUS BASE

GROUP EXERCISE SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NOFFS UP PUSH LOW PULL 0615-0715	NOFFS UP PULL LOW PUSH 0615-0715	NOFFS TOTAL BODY 0615-0715	COMMAND PT APPT. ONLY 0730-0830	COMMAND PT APPT. ONLY 0730-0830
COMMAND PT APPT. ONLY 0730-0830	COMMAND PT APPT. ONLY 0730-0830	COMMAND PT APPT. ONLY 0730-0830	NOFFS REGENERATION 1130-1200	CIRCUIT 360 0900-1000
CIRCUIT 360 0900-1000	NOFFS REGENERATION 1130-1200	CIRCUIT 360 0900-1000	FITNESS CONDITIONING 1300-1345	
SPIN 1115-1215	FITNESS CONDITIONING 1300-1345	FITNESS CONDITIONING 1300-1345	YOGA 1630-1730	
FITNESS CONDITIONING 1300-1345	YOGA 1630-1730	CIRCUIT TRAINING 1630-1730		
METABOLIC CONDITIONING 1630-1730				

COMMAND PT is by appointment only. Please see MWR Trainers for details.
SCHEDULE MAY BE SUBJECT TO CHANGE

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NAVAL AMPHIBIOUS BASE CLASS DESCRIPTIONS



NOFFS ENDURANCE: Focuses on developing cardiovascular fitness while providing training methods to improve muscular strength

NOFFS OPERATIONAL (OPS): Focuses on improving performance while reducing injuries specific to operational demands using the four primary movements (Lift, Push, Pull, and Carry).

NOFFS REGENERATION (REGEN): Designed to help the body recover efficiently from previous training sessions. Work + Rest = Success

NOFFS Strength: Focuses on building muscle, getting strong and powerful, while reducing your risk of injury.

CIRCUIT 360: This total-body workout integrates strength and cardiovascular training through a structured circuit format, designed to enhance overall fitness, endurance, and functional performance. Appropriate for all fitness levels, with modifications available to meet individual needs.

METABOLIC CONDITIONING (MET.CON): Variety of exercising focusing on functional training movement, strength training exercises, and cardio intervals that will challenge any fitness level.

COMMAND PT A.M./P.M.: Schedule a Command Physical training session with one of our Fitness Specialists to leading your Workout. Please inquire with Fitness Staff member for more details (Active Duty only)

FITNESS CONDITIONING (FIT.CON): Full body physical fitness program to improve muscular strength, endurance, and flexibility. This is a FEP class for Active Duty only.

SPIN: High intensity cardio workout that's low-impact that combines motivating music with easy to follow instructions. Spin caters to all skill levels. Spin Beginners please arrive 15 before class start time to set-up your spin bike.

YOGA: Using breathing methods to flow through yoga postures helps ignite fire within and alleviate daily stresses. The Yoga modality improves posture, balance, and flexibility at all fitness levels.

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