

NAVAL BASE SAN DIEGO



# GROUP X SCHEDULE

3<sup>rd</sup> Quarter • April - June 2024

## MONDAY

0700 Command Class (FS by apt)  
0900 Core Power (HS)  
0900 Abs Express (FS)  
1000 Zumba (FS)  
1100 Yoga (Mussels)  
1145 Workout of the Day (FS)  
1530 Full Body Circuit (FS)

## THURSDAY

0900 Sweat & Burn (FS)  
1000 Zumba (FS)  
1100 Spin (OG)  
1145 Workout of the Day (FS)  
1200 HIIT (HS)  
1300 Command Class (FS by apt)  
1400 Command PRT PREP NOFFS (FS by apt)  
1530 Yoga (FS)

## TUESDAY

0700 Command Class (FS by apt)  
0800 Command HIIT (FS by apt)  
0900 Sweat & Burn (FS)  
1100 Spin (OG)  
1145 Workout Of The Day (FS)  
1200 HIIT (HS)  
1400 Command PRT PREP NOFFS (FS by apt)  
1800 Dance Cardio (FS)

## FRIDAY

0700 Command HIIT (FS by apt)  
0830 Command HIIT (FS by apt)  
0915 Yoga (FS)  
1100 Regeneration (Mussels)  
1145 Workout of the Day (FS)  
1530 TRX Plus (FS)

## WEDNESDAY

0700 Command FEP (FS by apt)  
0900 Core Power (HS)  
0900 TRX Plus (FS)  
1000 Yoga (FS)  
1100 Spin (Mussels)  
1300 Command Class (FS by apt)  
1530 Boot Camp (FS)  
1800 Pound (FS)

## SATURDAY

0800 Pound (FS)  
1100 Sweat & Burn (FS)

FS = Fitness Station bldg. 3417

HS = Harborside bldg. 3477

OG = Olde Gym bldg. 223

NZ = NOFFS zone bldg. 3279

FHP – Prout Pool bldg. 3279

Mussels – Downtown bldg. 750

[Maria.a.reiff.civ@us.navy.mil](mailto:Maria.a.reiff.civ@us.navy.mil) to schedule appts.

[NavyLifesw.com](http://NavyLifesw.com) Schedules online





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Spin: High intensity cardio low impact workout with super motivating instructors & music.

Workout of the Day: Variety of exercises focusing on total-body strength training & metabolic (cardio) conditioning.

Sweat & Burn: 45 minute cardio based workout using explosive exercises combining low & high intensity.

Command PRT Prep: Make an appointment for your command & we'll help everyone ready for the next PRT.

TRX Plus: Interval workout which maximizes overall performance utilizing TRX trainer, kettle bells, sandbags & more.

Dance Cardio: A whole lot of dance into fitness with fun music & energized instructors.

Pound: Grab the drum sticks & turn on the music. Get the workout while having tons of fun.

Boot Camp: Work hard with kettle bells, bands, TRX, weights & more.

Abs Express & Core Power: Blast your core. This half hour workout will focus on abs and core using exercises to make you work that mid section.

Zumba: Spice it up a bit with high energy music, energized instructor and a whole bunch of dancing. Get fit while you dance.

Yoga: Use physical postures, breathing exercises and meditation to improve overall health connecting body, breath & mind.

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