

**NAVAL BASE SAN DIEGO**



# **GROUP X SCHEDULE**

**3<sup>rd</sup> Quarter • April - June 2023**

## **MONDAY**

0730 Total Body Blast (FS)  
0830 Command HIIT (FS by apt)  
0900 Rock Body (FS)  
1000 Zumba (FS)  
1145 Workout of the Day (FS)  
1530 HIIT (FS)

## **TUESDAY**

0730 Command HIIT (FS by apt)  
0830 Command HIIT (FS by apt)  
0900 Aquafit Class (FHP)  
0900 Sweat & Burn (FS)  
1100 Spin (OG)  
1145 Workout Of The Day (FS)  
1400 Command PRT PREP NOFFS (FS by apt)  
1800 Dance Cardio (FS)

## **WEDNESDAY**

0700 Command FEP (FS by apt)  
0630 Killer Core (OG)  
1100 Total Body Blast (FS)  
1300 Command Class (FS by apt)  
1530 Boot Camp (FS)  
1800 Pound (FS)

## **THURSDAY**

0900 Aquafit (FHP)  
0900 Sweat & Burn (FS)  
1000 Zumba (FS)  
1100 Spin (OG)  
1145 Workout of the Day (FS)  
1300 Command Class (FS by apt)  
1400 Command PRT PREP NOFFS (FS by apt)

## **FRIDAY**

0700 Command HIIT (FS by apt)  
0830 Command HIIT (FS by apt)  
0900 Killer Core (FS)  
1145 Workout of the Day (FS)  
1400 Yoga (FS)  
1530 TRX Plus (FS)

## **SATURDAY**

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

FS = Fitness Station bldg. 3317

HS = Harborside bldg. 3477

OG = Olde Gym bldg. 223

NZ = NOFFS zone bldg. 3279

FHP – Prout Pool bldg. 3279

[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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High Intensity Tactical Training HIIT: Using tires, sleds, battle ropes & more to give yourself an intense full body workout.

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.

Total Body Blast: A total body workout to strengthen and improve all major muscle groups and energy systems.

Killer Core: Start your day off right by strengthening your core. Total-body workout that focuses on making our core more stable & strong.

Yoga: Ignite the fire in yourself by focusing on breath to flow through yoga poses. Yoga will help alleviate stress, improve posture, balance and flexibility.

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.

AquaFit: Put on your swim suit & get in the pool for an amazing whole body workout in the water.

Rock Body: 45 minutes of total body – working upper, lower and core.

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

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