**MONDAY**
- 0730 Command HIIT (FS by apt)
- 0830 Command HIIT (FS by apt)
- 1100 Workout of the Day (NZ)
- 1130 PRT PREP (HS)
- 1200 Lower-Body Lift (HS)
- 1530 TRX Plus (FS)

**TUESDAY**
- 0730 Command HIIT (FS by apt)
- 0830 Command HIIT (FS by apt)
- 0900 Water Aerobics Class (FHP)
- 1100 Spin (OG)
- 1100 Workout of the Day (NZ)
- 1130 HIIT (HS)
- 1200 Upper-Body Lift (HS)
- 1800 Dance Cardio (FS)

**WEDNESDAY**
- 1100 Workout of the Day (NZ)
- 1130 NOFFS Stretch & Regen (HS)
- 1200 Core & Cardio (HS)
- 1530 HIIT (FS)
- 1800 Pound (FS)

**THURSDAY**
- 0900 Water Aerobics Class (FHP)
- 1100 Spin (OG)
- 1100 Workout of the Day (NZ)
- 1200 Kettlebell Connection (HS)
- 1400 Command PRT PREP (FS by apt)

**FRIDAY**
- 0730 Command HIIT (FS by apt)
- 0830 Command HIIT (FS by apt)
- 0900 Water Aerobics Class (FHP)
- 1100 Spin (OG)
- 1100 Workout of the Day (NZ)
- 1430 Yoga (FS)
- 1530 Boot Camp (NZ)

**SATURDAY**
- 0800 Pound (FS)

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FS = Fitness Station bldg. 3317
HS = Harborside bldg. 3477
OG = Olde Gym bldg. 223
FHP – Prout Pool bldg. 3279
NZ = NOFFS zone bldg. 3279

Maria.a.reiff.civ@us.navy.mil to schedule appts.

Navylifesw.com Schedules online
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**Command HIIT**: Make an appointment with MWR and we’ll develop a workout for your command with a variety of training options.

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

**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.

**Workout of the Day**: Variety of exercises focusing on total-body strength training and metabolic (cardio) Conditioning.

**Command PRT Prep**: Make an appointment for your command and we’ll help everyone ready for the next PRT.

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

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

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

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

**Water Aerobics Class**: Put on your swim suit and get in the pool for an amazing whole body workout in the water.

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