

NAVAL BASE SAN DIEGO

GROUP X SCHEDULE



4th Quarter • July - September 2022

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)
1100 Workout of the Day (NZ)
1430 Yoga (FS)
1530 Boot Camp (NZ)

SATURDAY

0800 Pound (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 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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