2026 VADM MARTIN FITNESS CENTER

GROUP EXERCISE SCHEDULE

NAVAL AIR STATION NORTH ISLAND | ROGERS RD. BLDG. 1507, SAN DIEGO CA 92135 | (619) 545-0237

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
CHALLENGE OF THE DAY **6:00 AM**	SENIOR FIT **8:00 AM**	CHALLENGE OF THE DAY **6:00 AM**	SENIOR FIT **8:00 AM**	SPIN & STRETCH **11:00 AM**	METCON **8:30 AM**
WARRIOR STRENGTH **11:00 AM**	SPIN & STRETCH **9:30 AM**	YOGA SCULPT **9:30 AM**	SPIN & STRETCH **9:30 AM**	RESTORATIVE MOVEMENT **12:00 PM**	YOGA **9:30 AM**
YOGA SCULPT **11:00 AM**	YOGA FLOW **11:00 AM**	WARRIOR STRENGTH **11:00 AM**	YOGA FLOW **11:00 AM**		
MASTER'S SWIM **3:30 PM**	METCON **4:30 PM**	MASTER'S SWIM **3:30 PM**	METCON **4:30PM**		
GUTS & GLUTES **4:15 PM**		STEP & KICKBOXING **4:15 PM**			

Scan Me!

NO GROUP EXERCISE CLASSES ON OBSERVED HOLIDAYS

COMMAND PT & AQUATIC COMMAND PT is by appointment only. Please see MWR Trainers for details.

SCHEDULE MAY BE SUBJECT TO CHANGE! TO CONFIRM CALL (619)545-0237

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Challenge Of The Day (C.O.D.): Is your daily dose of total-body strength and cardio conditioning, designed to energize and engage you from the moment you wake up. Every class delivers a fresh mix of exercise modalities to keep your body guessing and your mind sharp

Guts & Glutes: Chisel your core, buttocks, and legs. Ignite your metabolism with challenging, exercises that builds abdominal muscles and enhances total-body assets. The classes suitable for all experience levels.

Master's Swim: Elevate your technique to the next level in this Master's swim program. Patrons must be 18+ and swim 500 yards in less than 10 minutes to participate in the class. Please speak with one of our LIFEGUARDS for more information. Class meets on the pool deck.

MetCon: Metabolic Conditioning, known as MetCon, is a type of workout that combines strength & cardio conditioning to help maximize your body's energy output. A variety of equipment including TRX, Dumbbells, Kettlebells, Medicine Balls, Calisthenics, Ski Erg, Assault Bike, Jump Ropes, Rowers, etc… can and will be used.

Restorative Movement: A class focused on regeneration and movement meant to restore and recover. Unwind as you release tension, enhance flexibility, and foster a serene mind- body connection with this rejuvenating experience tailored for mental and physical wellness.

Senior Fit: This exciting class offers our older patrons a circuit training workout that maximizes energy burned and muscles worked in a short time. This community-oriented class has all the same movements done on the weight room floor that offers functional movement patterns essential for active daily living.

Spin & Stretch: Bike to bliss in this 30/30 format of blood-pumping indoor cycling followed by cool down and stretching. Challenge lower body and core in a fun, no-impact cardio class, then stretch it all out and enjoy a wind down into mindfulness. You'll leave sweaty and smiling. All levels welcome, beginner friendly.

Step & Kickboxing: Workout, consisting of basic movement patterns, to increase the work of the heart and lungs, followed by kickboxing to promote endurance and fast reflexes.

Yoga Flow: Pair breath with movement in this active and intentional class for all levels. Expect sun salutations, lunges and warrior poses to warm and prepare the body for deep stretching. Modifications and props are available to make the practice accessible and individually challenging.

Yoga Sculpt: Mat-based movement class designed to tone and sculpt based on a safe and intentional sequence. We practice some basic yoga movements and then add tools like hand weights, resistance bands, Swiss balls, etc. to further engage muscles we may miss in a regular yoga practice. Build body brain awareness and core integration in this 60-minute class for all levels.

Warrior Strength: Classes focus on movement mindset approach that work the major muscle groups. Push, Pull, Twist, Bend, Lift, and single-leg movements are all incorporated and delivered in a unique way to show the various formats of setting up a routine and the proper use of different equipment.

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