

2024

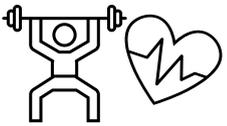
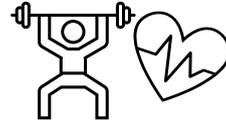
VADM MARTIN FITNESS CENTER Group Exercise Schedule



NAVAL AIR STATION NORTH ISLAND

BLDG. 1507

(619) 545-0237

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>6:45AM</p>  <p>FIT & READY (45min)</p>	<p>8:00AM</p>  <p>SENIOR FIT (60min)</p>	<p>6:45AM</p>  <p>FIT & READY (45min)</p>	<p>8:00AM</p>  <p>SENIOR FIT (60min)</p>		<p>8:30AM</p>  <p>METABOLIC CONDITIONING (60min)</p>
<p>11:00AM</p>  <p>SPIN & STRETCH (50min)</p>	<p>11:00AM</p>  <p>WARRIOR STRENGTH (60min)</p>	<p>9:30AM</p>  <p>YOGA SCULPT (60min)</p>	<p>11:00AM</p>  <p>WARRIOR STRENGTH (60min)</p>	<p>11:00AM</p>  <p>SPIN & STRETCH (50min)</p>	<p>9:30AM</p>  <p>FLOW YOGA (60min)</p>
<p>12:00PM</p>  <p>RESTORATIVE STRETCHING (60min)</p>	<p>11:00AM</p>  <p>FLOW YOGA (60min)</p>	<p>11:00AM</p>  <p>SPIN (60min)</p>	<p>11:00AM</p>  <p>FLOW YOGA (60min)</p>	<p>12:00PM</p>  <p>RESTORATIVE STRETCHING (60min)</p>	
<p>4:15PM</p>  <p>GUTS & GLUTES (60min)</p>	<p>4:30PM</p>  <p>METABOLIC CONDITIONING (60min)</p>	<p>4:15PM</p>  <p>STEP & KICKBOXING (60min)</p>	<p>4:30PM</p>  <p>STRENGTH & CONDITIONING (60min)</p>		

www.navylifesw.com

COMMAND PT (by Appointment Only) 7am-3pm Monday, Wednesday, and Friday
AQUATIC COMMAND PT (by Appointment Only) 9am-10am Monday and Friday

Schedule may be subject to change! To confirm call (619)545-0237



@NavyLifeNBC

Revised 3.19.24KPE

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Group Exercise Class Description

-  **Fit & Ready:** A class that focuses on the methods and exercises provided by NOFFS. Each class will focus on either plyometrics, strength and endurance or a combination of each that specifically focus on getting better scores on the PRT. Learn what NOFFS has to offer and how to utilize the app to maximize your own success in exercise.
-  **Guts and 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.
-  **Metabolic Conditioning:** 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.
-  **Mindful Restorative Stretching:** Indulge in tranquility with our mindful restorative stretching class, where gentle movements and deep stretches are harmonized with mindful breathing. Unwind as you release tension, enhance flexibility, and foster a serene mind-body connection in this rejuvenating experience tailored for relaxation and holistic well-being.
-  **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:** Cardiovascular training on indoor bikes that focuses on endurance, strength, intervals, high intensity and recovery. Combines basic cycling movements, motivational coaching and breathing awareness techniques.
-  **Spin & Stretch:** Bike to bliss in this 30:20 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.
-  **Strength & Conditioning Circuit:** Utilize various pieces of equipment from, Dumbbells and Kettlebells, to TRX, Battle Ropes, Sandbags, Assault (fan) Bikes and Rowing machines. You choose your weights and go at your own pace. Modifications available upon skill level if necessary.
-  **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:** Each class will focus on a movement mindset approach that works 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 to setting up a routine and the proper use of different equipment.

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