



JOHN H. CHAFEE FITNESS CENTER

GROUP FITNESS SCHEDULE FOR SEPTEMBER 8 - DECEMBER 20, 2026

NO CLASSES ON FEDERAL HOLIDAYS • SUBJECT TO CHANGE • (401) 841-2512

NavyLifeNPT.com | NavyLifeNPT



GROUP FITNESS DAILY FEES:

Free for active duty personnel, retirees,
reservists, and their dependents;
\$5 for DoW civilians.

GROUP FITNESS PUNCH CARDS:

\$135 card for 30 punches for
DoW civilians.

**CONTRACTORS, RETIRED DOW CIVILIANS, &
VETERANS ARE NOT ELIGIBLE TO USE
THE POOL OR THE FITNESS CENTER.**

****Active duty personnel, retirees, reservists, and their dependents may sponsor civilian guests for \$5 each. DoW civilians may only sponsor their immediate family members for \$5 each.**

	MON	TUE	WED	THU	FRI	SAT
6-6:45 am	NOFFS COMBO ROW <i>Pat</i> Powered by NOFFS					
9-10 am	BODY SCULPT <i>Vicki</i>	KICKBOXING <i>Tish</i>	TOTAL BODY <i>Tish</i>	ZUMBA <i>Lisa</i>	BODY SCULPT <i>Vicki</i>	ZUMBA® 9:15 - 10:15 am <i>Angel</i>
10:15-11 am	YIN YOGA <i>Sofia</i>	LES MILLS BODYPUMP™ Starts 9/15 <i>Jen</i>	BODY SCULPT 10:15- 11:15 am <i>Vicki</i>	LES MILLS BODYPUMP™ <i>Jen</i>		
4:30 - 5:30 pm			VINYASA YOGA 4:30 - 5:15 pm <i>Sofia</i>	BOOTCAMP <i>James</i> Powered by NOFFS CYCLE <i>Matt</i>		
5-6 pm					YOGA <i>Eloise</i>	
5:30 - 6:30 pm	LES MILLS BODYPUMP™ <i>Jen</i>		ZUMBA® <i>Lisa S-H</i>			
CLASS LOCATION	GROUP FITNESS ROOM	NOFFS ZONE	CYCLE ROOM	Powered by NOFFS Denotes Instructor is NOFFS Certified.		

ALL INSTRUCTORS ARE CERTIFIED TO TEACH CLASSES. ALL FITNESS LEVELS WELCOME AND ALL WORKOUTS ARE MODIFIABLE.

BOOTCAMP - A high-intensity workout are designed to challenge your strength, endurance, and agility in a fun and supportive group setting. With a mix of cardio drills, strength exercises, and functional movements.

BODY SCULPT - Class targeting both individual and multi joint movements to work different muscles groups and target specific areas of the body. The focus will be on muscular endurance and strength while including components such as dynamic flexibility. Dumbbells and other specialized equipment will be utilized during the class to achieve optimal results.

CYCLE - Experience a high-energy ride built to challenge and inspire. Dynamic intervals and powerful resistance climbs combine with rhythm-based riding to keep you fully engaged and riding with purpose. Each goal-driven session is thoughtfully designed to build stamina, boost endurance, and push your limits. Led by a positive, motivating instructor who brings the energy every time, this class delivers a high-vibe atmosphere that keeps you coming back for more.

KICKBOXING - This class features basic punching and kicking combinations, using body weight. You will get a total body workout that helps improve strength and endurance. Come prepared to work!

LES MILLS BODYPUMP™ - This workout challenges all your major muscle groups by using the best weightlifting exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for- and fast! Let's not forget about burning up to 560 calories per class.

NOFFS COMBO ROW - This is a total body workout featuring the Concept 2 Rower along with NOFFS-style pillar movement preparation warm up and strength exercises. Class utilizes kettlebells, dumbbells, and medicine balls. Be prepared to work! Maximum of eight participants per class.

TOTAL BODY - A full body workout that develops cardiovascular fitness, muscular strength, and endurance. Workout includes plyometrics, obstacles and intervals.

VINYASA YOGA - Is a dynamic and flowing style of yoga that links breath with movement. It focuses on building strength, flexibility, and mindfulness through a sequence of poses that transition seamlessly, creating a moving meditation. Perfect for all levels!

YIN YOGA - This all-level, slow-paced, meditative-style class focuses on passive stretching of muscles and connective tissues through the holding of poses. Poses are often performed on the floor with props, such as blocks, to help maintain the pose. Yin yoga poses apply gentle pressure to the connective tissues to increase flexibility, circulation, and relaxation.

YOGA - This all-level class combines traditional yoga poses with dynamic, flowing movements. Classes begin with a warm-up, followed by challenging standing and balancing poses. Class ends with a cool-down which brings you to a state of total relaxation. Yoga enhances physical flexibility, strength, and balance. Beyond the physical benefits, yoga reduces stress and anxiety while promoting mindfulness and self-awareness.

ZUMBA® - You'll feel like you are at the Party! Easy to follow Latin inspired calorie burning workout. Fun and health benefits - a WIN, WIN!