### JOHN H. CHAFEE FITNESS CENTER

**GROUP FITNESS SCHEDULE FOR JULY 3 - AUGUST 20, 2023**

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

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

**GROUP FITNESS DAILY FEES:**
Free for active duty personnel, retirees, reservists, and their dependents; $5 for DoD civilians.

**GROUP FITNESS PUNCH CARDS:**
$135 card for 30 punches for DoD civilians.

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

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<th>Time</th>
<th>MON</th>
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| 6-6:45 a.m. | **NOFFS COMBO ROW**  
  Pat |           |           |           |           |           |           |           |
| 8:15-9 a.m. | **HIIT CYCLE**  
  Jon |           |           |           |           |           |           |           |
| 8:15-9 a.m. | **KICKBOXING**  
  Tish |           |           |           |           |           |           |           |
| 9:15-10 a.m. | **TOTAL BODY**  
  Tish |           |           |           |           |           |           |           |
| 9:15-10 a.m. | **YOGA**  
  Dani |           |           |           |           |           |           |           |
| 9:15-10 a.m. | **HIIT CYCLE**  
  Terri |           |           |           |           |           |           |           |
| 9:15-10:15 a.m. | **ZUMBA®**  
  Angel |           |           |           |           |           |           |           |
| 10:15-11 a.m. | **YIN YOGA**  
  Dani |           |           |           |           |           |           |           |
| 10:15-11 a.m. | **FIT FOR LIFE**  
  Deb |           |           |           |           |           |           |           |
| 10:15-11 a.m. | **“B” STRONG**  
  Vicki |           |           |           |           |           |           |           |
| 4:30-5:30 p.m. | **OUTDOOR BOOTCAMP**  
  Deb |           |           |           |           |           |           |           |
| 4:30-5:30 p.m. | **BODYPUMP™ EXPRESS**  
  4:30-5:15 p.m.  
  Terri |           |           |           |           |           |           |           |
| 5-6 p.m. |           |           |           |           | **YOGA**  
  Eloise |           |           |           |
| 5-6 p.m. |           |           |           |           |           |           |           |
| 5:30-6:30 p.m. | **ZUMBA®**  
  Lisa S-H |           |           |           |           |           |           |           |
| 5:30-6:30 p.m. | **YOGA**  
  Rochelle |           |           |           |           |           |           |           |

**CLASS LOCATION**
- **GROUP FITNESS ROOM**
- **CYCLING ROOM**
- **POOL**
- **NOFFS ZONE**
- **TRX BOX/GRASS**
ALL INSTRUCTORS ARE CERTIFIED TO TEACH CLASSES. ALL FITNESS LEVELS WELCOME AND ALL WORKOUTS ARE MODIFIABLE.

“B” STRONG - Strengthen and tone up muscles with the use of various equipment starting with the letter B. This workout features techniques derived from Barre and will include the use of exercise tools ranging from Bossu balls to Bands and much more. This class will help increase balance and strength in a fun and unique way.

FIT FOR LIFE - This class, offering an optional support chair, is designed for those with injuries, limited range of motion and flexibility, and those seeking to improve their strength, conditioning, coordination, and balance. We focus on building core strength and muscular tone, achieving better balance and posture, and improving cardiovascular fitness and coordination through a combination of strength and rhythmic exercises. A variety of tools such as dumbbells, resistance bands, therapy balls, medicine balls, and surfaces are used to keep the workouts new and challenging. Class is recommended for participants at a beginner to moderate fitness level or those with limited range of motion.

HIIT CYCLE - If you’re looking for an amazing cardio workout, cycling is for you! You will experience speed work, intervals, hill climbs, jumps, and heart rate challenges while riding to great music! 45-minutes.

KICKBOXING - Basic punching and kicking combinations. Total body toning which improves strength and endurance. Featuring moves combined with body weight exercises.

LES MILLS BODYPUMP™ - This hour 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.

OUTDOOR BOOTCAMP - This is a high intensity workout offering intervals of strength, cardio, and core work with short rest intervals. We will use the TRX, balls, bands, weights and more. Participants will see fitness improvements while working at their own level/intensity. Come join this fun/energetic outdoor class. When the weather doesn’t cooperate we’ll head indoors for a cycle and circuit class.

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

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, and end with a cool-down and relaxation period. Pace is often fast and vigorous to increase strength, flexibility, cardiovascular health, mental clarity and focus, while reducing stress and anxiety.

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!

ZUMBA® GOLD - For active adults who want to participate in a Zumba Dance class at a lower intensity. It is a class for people of all fitness levels including those who may be recovering from an injury. Zumba Gold is for anyone looking to have fun and get a good workout!