



JOHN H. CHAFEE FITNESS CENTER

GROUP FITNESS SCHEDULE FOR OCTOBER 10 - DECEMBER 14, 2024

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 DoD civilians.

GROUP FITNESS PUNCH CARDS:

\$135 card for 30 punches for DoD civilians.

CONTRACTORS, RETIRED DOD 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. DoD civilians may only sponsor their immediate family members for \$5 each.**

	MON	TUE	WED	THU	FRI	SAT	SUN
6 to 6:45 a.m.	NOFFS COMBO ROW STARTS SEP 30 <i>Pat</i>						
9 to 9:45 a.m.		WATER FITNESS <i>No class on Oct 8 & Nov 5</i>					
9:15 to 10 a.m.		KICKBOXING <i>Fish</i>	TOTAL BODY <i>Fish</i>	ZUMBA <i>Lisa</i>		ZUMBA® 9:15 to 10:15 a.m. <i>Angel</i>	
10:15 to 11 a.m.	YIN YOGA <i>Dani</i>		CORE & MORE 10:15 to 11:15 a.m. <i>Vicki</i>		FLEX FUSION <i>Dani</i>		POP-UP YOGA 10:30 to 11:30 a.m. SEP 1, 8, 15, 22 OCT 6, 27 NOV 3, 10, 24 DEC 1, 8, 15 <i>Dani</i>
11:15 to 12 p.m.	CORE & MORE 11:15 a.m. to 12:15 p.m. <i>Vicki</i>			LES MILLS BODYPUMP™ 12 to 12:45 p.m. <i>Bethany</i>			
4:30 to 5:30 p.m.				OUTDOOR BOOTCAMP <i>James</i>			
5 to 6 p.m.					YOGA <i>Eloise</i>		
5:30 to 6:30 p.m.	LES MILLS BODYPUMP™ 5:30 to 6:15 p.m. <i>Bethany</i>		ZUMBA® <i>Lisa S-H</i>				
CLASS LOCATION	GROUP FITNESS ROOM	NOFFS ZONE	TRX BOX	WATER FITNESS			

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

CORE & MORE- This class is designed to strengthen your core and boost your endurance while improving balance and stability.

FLEX FUSION - This class focuses on major muscle groups for a deep stretching experience. Each class varies, making this the ideal addition to your workout routine whether it's HIIT, running or weight lifting. Flex Fusion will aid muscle recovery and growth by enhancing flexibility.

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.

OUTDOOR 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, you will push your limits while enjoying the fresh air.

POP-UP YOGA - Experience the benefits of yoga! These classes are designed to introduce the fundamentals of yoga while helping you reach your yoga goals.

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

WATER FITNESS - This invigorating high-energy, low-impact water fitness class is suitable for all levels. The full body workout will be in the shallow as well as the deep end. *Must be 18 years old to participate.

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!