



JOHN H. CHAFEE FITNESS CENTER

GROUP FITNESS SCHEDULE FOR MARCH 11-JUNE 28, 2025

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 - 6:45 am	NOFFS COMBO ROW <i>Pat</i>						
9 - 9:45 am	LES MILLS BODYPUMP™ <i>Yuka</i>	WATER FITNESS <i>Deb/Cathleen</i>			POP-UP CYCLE 9:15 - 10 am MAR 7, 21 APR 4, 25 MAY 9, 23 JUN 6, 20 <i>Tish</i>		
9:15 - 10 am		KICKBOXING <i>Tish</i>	TOTAL BODY <i>Tish</i>	ZUMBA 9 - 10 am <i>Lisa</i>	BODY SCULPT 9 - 10 am <i>Vicki</i>	ZUMBA® 9:15 - 10:15 am <i>Angel</i>	
10:15 - 11 am	YIN YOGA <i>Dani</i>	ANIMAL FLOW 10:15 - 11:15 am <i>Yuka</i>	DEEP TISSUE RELEASE 10:15 - 11:15 am <i>Vicki</i>	LES MILLS BODYPUMP™ 10:15 - 11:15 am <i>Yuka</i>	FLEX FUSION <i>Dani</i>		POP-UP YOGA 10:30 - 11:30 am MAR 2, 9, 16 APR 27 MAY 4, 11, 18 JUN 1, 8, 15 JUL 6, 13, 20 <i>Dani</i>
11:15 am - 12 pm	CORE & MORE 11:15 am - 12:15 pm <i>Vicki</i>	EXPRESS CONDITIONING & RECOVERY YOGA 11:30 am - 12 pm <i>Yuka</i>		CONDITIONING & RECOVERY YOGA 11:30 am - 12:15 pm <i>Yuka</i>	LES MILLS BODYPUMP™ 11:15 - 12:15 am <i>Yuka</i>		
4:30 - 5:30 pm		CYCLE & CORE <i>Deb</i>	VINYASA YOGA 4:30 - 5:15 pm <i>Sofia</i>	BOOTCAMP <i>James</i>			
5 - 6 pm					YOGA <i>E'loise</i>		
5:30 - 6:30 pm	LES MILLS BODYPUMP™ <i>Yuka</i>		ZUMBA® <i>Lisa S-H</i>				
CLASS LOCATION	GROUP FITNESS ROOM	NOFFS ZONE	POOL	CYCLE ROOM			

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

ANIMAL FLOW - Is ground based movement, made fun, challenging and effective. This system is designed to improve strength, power, flexibility, mobility, and coordination through many planes of motion. Everyone has their own unique body, which has its own gifts, strengths, and struggles. As you continue to build strength and mobility, you will gradually master positions that may currently be a struggle. It is for all fitness levels.

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.

CONDITIONING & RECOVERY YOGA - Stretch & strengthen to feel amazing. Yoga aids in muscle recovery, strengthens underused muscles and helps prevent injuries. Your journey to a stronger, fitter, more mobile and flexible body starts here. Great for all levels.

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

CYCLE & CORE - This class combines cardio and core strength! Start with cycling intervals simulating hills, sprints, and flat roads to boost your heart rate and burn calories. We will come off the bike and work your core - abs, obliques, and back - finishing with stretches to cool down and improve flexibility.

DEEP TISSUE RELEASE - Improve mobility by targeting fascia tissue. This class uses slow, sustained pressure with a roller to stretch the skin and fascia underneath, freeing fluid within the tissue layers. Release tension, massage away tight knots, and enhance flexibility and circulation for a more relaxed and mobile body.

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.

POP-UP CYCLE - This class is high-energy and will challenge your endurance, strength, and stamina! Pedal to the rhythm of motivating music, push past your limits, and leave feeling accomplished and energized.

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.

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!

WATER FITNESS - Dive into a full-body workout that combines endurance, strength, and low-impact movements. Using a variety of equipment like water weights and noodles, this class builds muscle, boosts cardiovascular health, and improves flexibility—all while being easy on your joints. Perfect for all fitness 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!