

Group Ex MWR Fitness Center Schedule

HOURS of OPERATION
 Saturday - Sunday: 6 am - 6 pm
 Monday - Friday: 5 am - 8 pm
 Holiday Hours Vary: Check Facebook

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
0600	Swim Club	Swim Club	Swim Club	Swim Club		
0730	30 and Done		30 and Done			
0900		Pilates		Pilates		
1000	Water Aerobics	Silver Fit	Water Aerobics	Silver Fit	Gentle Yoga	
1130	Spin	SES NOFFS	NOFFS Sandbag Circuit U.L.T.	SES NOFFS	Spin	
1200						
1230	Step Aerobics & Pilates (combined)		Step Aerobics		Step Aerobics & Pilates (combined)	
1600		Spin				
1700		Vinyasa Yoga				

Free for Active/DoD Civ/Reservists • Guest Fee - \$4.00 Daily

*As of April 17th, 2019
 Classes and times are subject to change*

30 and Done (Tier I&II): SHORT ON TIME? Come try our 30 minute workout class to blast calories, build lean muscle and boost your metabolism in one training session. The class will consist of circuits and interval workouts with a finisher; we will be utilizing body bars, weights, tubing, stability balls and body weight.

Spin (Tier II&II): Using a stationary studio cycle, intensity can be increased or decreased by changing the resistance level on the flywheel. Cycling builds endurance and trains leg muscles to be strong while being kinder to ankles and knees.

Swim Club (Tier I/II/II): Structured swim workouts for adults to improve their swimming abilities and stroke technique in a positive group environment. Provides an opportunity to learn all four Olympic strokes while improving your total body fitness. Great for individuals who are looking for a cardio workout without the harsh impact from land activities, for people training for triathlons, and for general cross training. This class will have three different levels (beginner, moderate, and advanced) to accommodate everyone's swimming capabilities.

Step Aerobics (Tier I&II): A step aerobics class utilizes an elevated platform or step that can often be adjusted to various heights. These exercises include arm movements, shifting the body weight, stepping up and over to the other side of the platform and doing various dance moves to increase breathing and heart rate.

Pilates (Tier I&II): This is a toning class which focuses on building muscle strength, core strength, balance, flexibility, and incorporates breathing, which provides engagement for both the mind and the body during the workout

NOFFS SES (Strength Endurance Sandbag): a type of interval training in which you alternate short, very high intensity intervals with longer, slower intervals to recover.

NOFFS Sandbag Circuit U.L.T (Unstable Load Training): 45 MIN SANDBAG CIRCUIT. Not only does the sandbag maximise functional strength that's useful outside the gym, its difficult grip also forces your body to activate more muscles than a barbell – even with less weight.

Water Aerobics (Tier I&II): This high/low intensity class is designed to improve cardio conditioning, alternating with strength/balance and core training segments. Water exercise is an excellent modality for cross training and gives knees and backs a break from land based cardio workouts.

Silver Fit (Tier I): A class to help older adults maintain control over their health. An opportunity to have fun in a group environment while increasing muscle strength, range of motion, balance and flexibility that are all necessary for activities of daily living. Modifications will be provided to accommodate all levels of fitness. A chair will be provided for seated exercises and balance support.

Vinyasa Yoga (Tier II & III): Vinyasa means "to place in a certain way". It refers to sequencing poses into a particular order with emphasis on linking breath to the movements. This class moves at a faster pace than the slow flow to keep the mind and body challenged.

Gentle Yoga (Tier I): Whether you are new to yoga or familiar with the practice, this class will help you develop balance, strength, and flexibility. We move at a slower pace taking our time to get into postures and focusing on alignment and breathing. Chairs and other props will be provided if desired for more support.

Class Tiers: Tier I is a basic introduction to the class exercise protocol which is low impact and on the lower/ beginner end of the RPE (Rating of Perceived Exertion). Tier II is a medium impact class protocol with adjusted levels of intensity based on the student and instructor RPE Scale. Tier III is an advanced high impact class exercise protocol on the maximum end of the RPE scale.

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