



Classes and times are subject to change

CLASS SCHEDULE

Classes are FREE for Active / DoD Civ / Reservists • Daily Guest Fee = \$4.00

Basketball Court		Aerobics Room		Outdoor NOFFS		Indoor NOFFS		
MONDAY			TUESDAY			WEDNESDAY		
0600 to 0830	COMMAND PT PT PREP	0600 to 0830	COMMAND PT PT PREP	0600 to 0830	COMMAND PT PT PREP	0600 to 0830	COMMAND PT PT PREP	
0730 to 0830		0730 to 0830	NOFFS Barbell	0730 to 0830		0730 to 0830		
0900 to 1000	Teen Barbell (June-Aug)	0900 to 1000	Silver Fit	0900 to 1000		0900 to 1000	Kettlebell HIIT	
1000 to 1100		1000 to 1100	Pilates					
1100 to 1200	Indoor Spin	1100 to 1200	NOFFS SES / HIIT	1100 to 1200		1100 to 1200	Indoor Spin	
				1100 to 1200		1100 to 1200	NOFFS Barbell	
1700 to 1800	HIIT	1700 to 1800		1700 to 1800		1700 to 1800	HIIT	

Basketball Court		Aerobics Room		Outdoor NOFFS		Indoor NOFFS		
THURSDAY			FRIDAY			SAT / SUN		
0600 to 0830	COMMAND PT PT PREP	0600 to 0830	COMMAND PT					
0730 to 0830		0730 to 0830	NOFFS Barbell	0730 to 0830				
0900 to 1000		0900 to 1000	Teen Barbell (June-Aug)	0900 to 1000				
0900 to 1000	Silver Fit							
1000 to 1100	Pilates	1000 to 1100		1000 to 1100				
1100 to 1200	NOFFS SES / HIIT	1100 to 1200		1100 to 1200				

MWR Fitness Center

HOURS of OPERATION Bldg. 1810

Monday - Friday: 5 AM - 8 PM

Saturday - Sunday: 7 AM - 5 PM

Holiday Hours: Available at [Facebook.com/nasfwmwr](https://www.facebook.com/nasfwmwr)

Register at Fitness Center for 24/7 Unmanned Access

817-782-7770

TEEN Summer Open Gym

Tuesdays and Fridays: 9 AM - 11 AM

2 PM - 4 PM

FITNESS CENTER and SOFTBALL FIELD

Aqua Spin (Tier I / II / III): An effective and fun way to get your heart rate up. This full-body workout increases muscle endurance in the quads, calves, and hamstrings, as well as strengthens the core muscles to improve coordination.

Boga Fit (Tier I / II / III): An innovative fitness program that builds strength, deepens flexibility, and improves balance and coordination using the natural benefits of air and water to enhance traditional fitness movements creating high-intensity, low-impact workouts.

Indoor Spin (Tier I & II): More than just a workout! Spinning combines a foundation of basic cycling movements, motivational coaching techniques and breathing awareness. Great cardiovascular training on indoor bikes with great music, lots of energy to help you make the most out of your workout.

HIIT (Tier I / II / III): A type of interval training in which you alternate short, very high intensity intervals with longer, slower intervals to recover using multiple modalities.

NOFFS Barbell (Tier I / II / III): Structured workouts geared toward improving and individual's posture and positioning in multiple barbell exercises i.e. Olympic Lifting as well as Squat, Bench and Deadlift. This class will have three different levels (beginner, moderate, and advanced) to accommodate everyone's capabilities.

NOFFS Regeneration: The Regeneration Series helps facilitate recovery, which is a critical component to any training program. This helps bring balance back to the body and enhance the body's response to the training stimulus. Movements in these sessions focus on soft tissue release utilizing a foam roll and trigger point ball, as well as flexibility routines. These strategies will help you re-establish the length and tension of your muscles, break up knots, reduce stiffness, and increase circulation to flush your system and re-energize your body.

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

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.

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.

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.

TRX Suspension Training (Tier I / II / III): Suspension training is a great way to build strength, improve mobility, increase cardiovascular endurance, and develop core stability by utilizing adjustable straps and bodyweight exercises. It is a great way to get a full-body workout quickly, but it's also low-impact, and you can do it almost anywhere.

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.

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.