

# Group Ex Schedule

## MWR Fitness Center

**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		
0700	-Unit PT Per Request -30 and Done (0730)	Unit PT Per Request	Spin	Unit PT Per Request	-Unit PT Per Request -30 and Done (0730)	
0900	Barbell Cardio	Pilates		Pilates	Barbell Cardio	
1000	Water Aerobics	-Silver Fit -NOFFS Strength Series	Water Aerobics	Silver Fit	-Gentle Yoga -NOFFS Strength Series	Slow Flow Vinyasa Yoga
1130	Spin	SES NOFFS	Barbell Cardio	SES NOFFS	Spin	
1200						
1230	Step Aerobics		Step Aerobics		Step Aerobics	
1315	Pilates		Pilates		Pilates	
1700		Vinyasa Flow Yoga				

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

As of July 12th, 2018  
 Classes and times are subject to change

**Unit PT Per Request:** We require a 48 hour advance notice for our Fitness Staff to teach.

**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 I&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.

**Barbell Cardio:** This class is a cardio barbell class consisting of 60 minutes of resistance exercises using a barbell. Instead of focusing on heavy weights, the focus is on low weight with the idea to exhaust your muscles in order to strength and tone. This is a tier I/II/III class

**Swim Club (Tier I/II/III):** 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.

**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.

**Slow Flow Yoga (Tier II & III):** The poses are practiced with syncing breath with the movement. We will flow slowly from one pose to the next, holding poses longer to give us a chance to land and connect to the breath and alignment. This class focuses on strength, balance, and meditative breathing.

**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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