

MWR fitness Center

# FALL 2019

## Group Exercise Schedule

### MONDAY

09:30 - 10:30	<b>Boot Camp</b> Conditioning
17:00 - 18:00	<b>Yoga</b>
17:30 - 18:30	<b>Spin</b>

### TUESDAY

09:30 - 10:30	<b>Boot Camp</b> Conditioning
11:00 - 11:45	<b>Spin</b>
11:15 - 12:15	<b>Yoga</b>
17:00 - 17:45	<b>Warrior</b> Workout
17:30 - 18:30	<b>Zumba</b>

### WEDNESDAY

09:30 - 10:30	<b>Boot Camp</b> Conditioning
10:30 - 11:30	<b>Zumba</b>
17:00 - 18:00	<b>Yoga</b>
17:30 - 18:30	<b>Spin</b>

### THURSDAY

09:30 - 10:30	<b>Mommy &amp; Me</b> Bootcamp
11:15 - 12:15	<b>Pilates</b>
17:00 - 17:45	<b>Warrior</b> Workout

### FRIDAY

09:30 - 10:30	<b>Barre</b>
10:30 - 11:30	<b>Zumba</b>

## Program Description

### BOOT CAMP

A mix of strength training with cardio! Get your sweat on- bust through plateaus and get energized!

### WARRIOR WORKOUT

A combined challenge of muscular strength and cardiovascular endurance. Test your ability to exert maximum muscle effort for an extended period, while the entire body is put to the test. All-out efforts, intense fun.

### PILATES

Focuses on breathing, body alignment, and core strength. It has been shown to increase balance, posture, and improved health of the lower back, hips and abdominals, considered to be the "powerhouse" of the body. Similar to yoga, you will feel a mind-body connection while achieving a lean, toned body.

### MOMMY MADNESS.

Bring your babies and preschoolers (ages 0-5) for this fun, high-energy combination of cardio and strength training utilizing different equipment to help you tone your body. New moms need medical clearance from a physician. Mommy Madness is for everyone!

### ENDURANCE RIDE / SPIN.

Leave all of life's troubles in the parking lot! The class is for all fitness levels, after all it's your ride!

### STRENGTH AND CONDITIONING.

Class series encompasses weighted and body weight exercises to gain muscle mass, while achieving cardiovascular endurance. This class targets all muscle groups by engaging in dynamic and isometric movements. The workouts will be done with high intensity and high energy. It is designed to promote strength, cardiovascular endurance, lean muscle growth, and excess fat loss.

### YOGA

Classes are suitable for any level. Yoga emphasizes the balanced development of the body through core strength, flexibility and awareness to support efficient graceful movement.

### BARRE

The class will improve your balance, build strength, make you more flexible, burn calories and improve stability through a stronger core.



For more information, please call MWR Fitness Center at 727-2565

[www.navymwrrota.com](http://www.navymwrrota.com)