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JOHN H. CHAFEE FITNESS CENTER

GROUP FITNESS SCHEDULE FOR APRIL 3 - JULY 2, 2023

SUBJECT TO CHANGE • (401) 841-2512

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 a.m.	NOFFS COMBO ROW <i>Pat</i>						
8:15-9 a.m.						BODYPUMP™ EXPRESS <i>Terri</i>	
9-9:45 a.m.		SHALLOW WATER WORKOUT <i>Deb</i>		DEEP WATER FITNESS <i>Deb</i>			
9:15-10 a.m.	CORE, BALANCE & MORE <i>Bethany</i>	KICKBOXING <i>Tish</i>	TOTAL BODY <i>Tish</i>	POWER YOGA <i>Dani</i>		HIIT CYCLE <i>Terri</i> ZUMBA® 9:15-10:15 a.m. <i>Angel</i>	
10:15-11 a.m.	YIN YOGA <i>Dani</i>		FIT FOR LIFE <i>Bethany</i>		"B" STRONG <i>Vicki</i>		POP-UP YOGA 10:15-11:15 a.m. 4/30, 5/7, 5/14, 5/21, 5/28, 6/4, 6/11 & 6/18 <i>Gigi</i>
11:30 a.m.-12:15 p.m.	CYCLE <i>Bethany</i>	BODYPUMP™ EXPRESS <i>Bethany</i>	PILATES <i>Deb</i>	BODYPUMP™ EXPRESS <i>Bethany</i>	YOGA <i>Gigi</i>		
4:30-5:30 p.m.		CYCLE & CORE <i>Deb</i>	BODYPUMP™ EXPRESS 4:30-5:15 p.m. <i>Terri</i>				
5-6 p.m.					YOGA <i>Eloise</i>		
5:30-6:30 p.m.	YOGA <i>Rochelle</i>		ZUMBA® <i>Lisa</i>				
CLASS LOCATION	GROUP FITNESS ROOM	CYCLING ROOM	POOL	NOFFS ZONE			

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

"B" STRONG - Strengthen and tone up muscles with the use of various equipment starting with the letter B. This workout features techniques derived from Barre and will include the use of exercise tools ranging from Bossu balls to Bands and much more. This class will help increase balance and strength in a fun and unique way.

CORE, BALANCE & MORE - This class features body weight and weighted exercises targeting our core - abdominals, lower back, and glutes! And since balance and core are intertwined, we'll work on our balance too, using stationary and dynamic movements to complete our foundational building blocks of fitness!

CYCLE - If you're looking for an amazing cardio workout, cycling is for you! You will experience speed work, intervals, hill climbs, jumps, and heart rate challenges while riding to great music! 45-minutes.

CYCLE & CORE - This class is sure to "bring the burn" with 30 minutes of fat-burning indoor cycle and 30 minutes of strengthening and defining of core muscles! Join us for just cycle, just core, OR BOTH to slim and strengthen your midsection!

DEEP WATER FITNESS - A combination of cardio and strength training to challenge you with no impact to your joints. We will use flotation belts to stay afloat and other equipment for strength and toning. Emphasis on, at your own pace, cardio training for a lively invigorating workout. Regardless of your age, size, or fitness level, you can achieve noticeable results and reach your fitness goals! All deep-water exercises can be done in the shallow water and all levels are welcome.

FIT FOR LIFE - This class, offering an optional support chair, is designed for those with injuries, limited range of motion and flexibility, and those seeking to improve their strength, conditioning, coordination, and balance. We focus on building core strength and muscular tone, achieving better balance and posture, and improving cardiovascular fitness and coordination through a combination of strength and rhythmic exercises. A variety of tools such as dumbbells, resistance bands, therapy balls, medicine balls, and surfaces are used to keep the workouts new and challenging. Class is recommended for participants at a beginner to moderate fitness level or those with limited range of motion.

HIIT CYCLE - If you're looking for an amazing cardio workout, cycling is for you! You will experience speed work, intervals, hill climbs, jumps, and heart rate challenges while riding to great music! 45-minutes.

KICKBOXING - Basic punching and kicking combinations. Total body toning which improves strength and endurance. Featuring moves combined with body weight exercises.

LES MILLS BODYPUMP™ - This hour 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.

PILATES MAT - Pilates is a method of exercise designed to stretch, strengthen and balance the body with emphasis on strengthening the core. Exercises will be done in order with each exercise building on the next. We will use rings, balls and bands to add variety.

SHALLOW WATER WORKOUT - A fun and energetic moderate intensity, low-impact in-water exercise class using the water and different types of equipment for resistance to tone muscle and increase endurance and flexibility. This is a full body workout that includes a combination of cardiorespiratory and muscle conditioning. Perfect for every level!

TOTAL BODY - A full body workout that develops cardiovascular fitness, muscular strength, and endurance. Workout includes plyometrics, obstacles and intervals.

YOGA (VINYASA) - During this practice we maintain awareness and focus on breath control while moving through a series of postures.

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.

POWER 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, and end with a cool-down and relaxation period. Pace is often fast and vigorous to increase strength, flexibility, cardiovascular health, mental clarity and focus, while reducing stress and anxiety.

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!