

JOHN H. CHAFEE FITNESS CENTER - GROUP FITNESS SCHEDULE

SEPTEMBER 6 - DECEMBER 17, 2022 • SUBJECT TO CHANGE • (401) 841-2512 • NO CLASSES ON FEDERAL HOLIDAYS

**GROUP FITNESS DAILY FEES
FREE FOR ACTIVE DUTY PERSONNEL,
RETIREES, RESERVIST AND THEIR
DEPENDENTS, VETERANS (100% DISABLED).**

**GROUP FITNESS PUNCH CARDS
\$135 CARD FOR 30 PUNCHES FOR
DOD CIVILIANS.**

**CONTRACTORS, RETIRED DOD CIVILIANS,
& VETERANS (WHO ARE NOT 100%
DISABLED) ARE NOT ELIGIBLE TO USE THE
JOHN H CHAFEE FITNESS CENTER**

\$5 FOR DOD CIVILIANS

***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
6-6:45 a.m.	NOFFS COMBO ROW <i>Pat</i>					
8:15-9 a.m.					BODYPUMP™ 8:15 - 9:15 a.m. <i>Shelly</i>	BODYPUMP™ <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>			HIIT CYCLE <i>Terri</i> ZUMBA® 9:15-10:15 a.m. <i>Angel</i>
10:15-11 a.m.			FIT FOR LIFE <i>Bethany</i>		FAB & FIT FRIDAYS 10:15 - 11:15 a.m. <i>Vicki</i>	
11:30 a.m.- 12:15 p.m.	CYCLE <i>Bethany</i>	BODYPUMP™ <i>Jeannie</i>	PILATES MAT <i>Deb</i>	BODYPUMP™ <i>Bethany</i>	CYCLE <i>Deb</i>	
4:30- 5:30 p.m.		CYCLE & CORE <i>Deb</i>	TONE TIME <i>Gigi</i>	YOGA <i>Lindsey</i>		
5-6 p.m.					YOGA <i>Eloise</i>	
5:30- 6:30 p.m.	YOGA <i>Rockelle</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.

MASKS ARE REQUESTED FOR SELECT CLASSES, FOR ALL OTHER CLASSES MASKS WILL BE AT THE DISCRETION OF INSTRUCTORS.

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 an 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. 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.

FAB & FIT FRIDAYS - This full-body workout uses various fitness equipment, as well as body weight, to improve strength, endurance, core stability, flexibility, and balance through multi-muscle group and isolation strength exercises and low-impact cardio conditioning. This class will feature different formats each week with modifications provided to increase or decrease the level of difficulty as desired. Class is recommended for participants at a moderate fitness level who can get up and down from the floor frequently.

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! Maxim 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!

TONE TIME - Take some time to tone your muscles and break a sweat with this energetic Tabata inspired class. This class focuses on building full body strength and endurance by alternating between cardio and muscle isolation sessions. Taking the high intensity out of interval training, this class offers a simplistic approach to getting that heartbeat up without the high impact of jarring movements known to aggravate joints. This class will make the most out of your gym time to target stubborn and problematic muscle areas such as the under arms, back, core, and inner thighs. Time to get moving and tone up!

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.

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!