



JOHN H. CHAFEE FITNESS CENTER

GROUP FITNESS SCHEDULE FOR SEPTEMBER 2 - DECEMBER 14, 2025

NO CLASSES ON FEDERAL HOLIDAYS • SUBJECT TO CHANGE • (401) 841-2512

NavyLifeNPT.com | NavyLifeNPT



GROUP FITNESS DAILY FEES:

Free for active duty personnel, retirees,
reservists, and their dependents;
\$5 for DoW civilians.

GROUP FITNESS PUNCH CARDS:

\$135 card for 30 punches for
DoW 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. DoW civilians may only sponsor their immediate family members for \$5 each.**

	MON	TUE	WED	THU	FRI	SAT	POOL
6 - 6:45 am	NOFFS COMBO ROW <i>Pat</i> Powered by: NOFFS						
9 - 10 am	LES MILLS BODYPUMP™ <i>Yuka</i>	KICKBOXING 9:15 - 10 am <i>Tish</i> Powered by: NOFFS	TOTAL BODY 9:15 - 10 am <i>Tish</i> Powered by: NOFFS	ZUMBA <i>Lisa</i>	BODY SCULPT <i>Vicki</i>	ZUMBA® 9:15 - 10:15 am <i>Angel</i>	WATER FITNESS TUESDAYS 9 - 9:45 am <i>Deb/Cathleen</i> Powered by: NOFFS
10:15 - 11 am	YIN YOGA <i>Sofia</i>	ANIMAL FLOW 10:15 - 11:15 am <i>Yuka</i>	BODY SCULPT 10:15 - 11:15 am <i>Vicki</i>	LES MILLS BODYPUMP™ 10:15 - 11:15 am <i>Yuka</i>	FLEX FUSION <i>Yuka</i>		
11:15 am - 12 pm				RECOVERY FLOW 11:30 am - 12 pm <i>Yuka</i>			
4:30 - 5:30 pm		CYCLE & CORE <i>Deb</i> Powered by: NOFFS	VINYASA YOGA 4:30 - 5:15 pm <i>Sofia</i>	BOOTCAMP <i>James</i> Powered by: NOFFS			
5 - 6 pm					YOGA <i>E'loise</i>		
5:30 - 6:30 pm	LES MILLS BODYPUMP™ <i>Yuka</i>	YOGA 5:45 - 6:45 pm <i>Rochelle</i>	ZUMBA® <i>Lisa S-H</i>				
CLASS LOCATION	GROUP FITNESS ROOM	NOFFS ZONE	CYCLE ROOM	Powered by: NOFFS Denotes Instructor is NOFFS Certified.			POOL