



JOHN H. CHAFEE FITNESS CENTER

GROUP FITNESS SCHEDULE FOR OCTOBER 16 - DECEMBER 17, 2023

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 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>		SUNRISE YOGA <i>Dani</i>		HIIT CYCLE <i>Kristi</i>		
7:30-8 a.m.					BARRE <i>Kristi</i>		
8:15-9 a.m.						LES MILLS BODYPUMP™ <i>Terri</i>	
9:15-10 a.m.		KICKBOXING <i>Tish</i>	TOTAL BODY <i>Tish</i>	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>Deb</i>	"B" STRONG 10:15-11:15 a.m. <i>Vicki</i>			POP-UP YOGA 10:30-11:30 a.m. OCT 15, 29 NOV 5, 12 DEC 3, 10, 17 <i>Dani</i>
11:30 a.m.-12:15 p.m.					MIND & BODY <i>Dani</i>		
4:30-5:15 p.m.	HIIT CYCLE <i>Terri</i>		LES MILLS BODYPUMP™ <i>Terri</i>	BOOTCAMP <i>Deb</i>			
5-6 p.m.					YOGA <i>Eloise</i>		
5:30-6:30 p.m.	LES MILLS BODYPUMP™ <i>Kristi</i>	YOGA NO CLASS 10/17 & 10/24 <i>Rochelle</i>	ZUMBA® <i>Lisa S-H</i>				
CLASS LOCATION	GROUP FITNESS ROOM	CYCLING ROOM	NOFFS ZONE	TRX BOX/GRASS			

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

BARRE - Welcomes all fitness levels, offering a low-impact, core-engaging workout using small movements and high reps with body weight or light weights. It enhances flexibility, mobility, balance and posture as added benefits.

"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 Bosu balls to Bands and much more. This class will help increase balance and strength in a fun and unique way.

BOOTCAMP - This is a high intensity workout offering intervals of strength, cardio, and core work with short rest intervals. We will use the TRX suspension system, balls, bands, weights and more. Participants will see fitness improvements while working at their own level/intensity. Come join this fun/energetic outdoor class. In the case on inclement weather, the class will be held indoors in the group exercise room

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. This 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! This is a 45-minute class.

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 45-minute 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.

MIND & BODY - This class takes you out of your head, away from your desk and onto the mat. Enjoy this active lunch break class to promote a healthy work-life balance. Move the body and quiet the mind. This will prepare and enable you to manage stress and maintain overall health and well-being.

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.

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

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.

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. Class ends with a cool-down which brings you to a state of total relaxation. Yoga enhances physical flexibility, strength, and balance. Beyond the physical benefits, yoga reduces stress and anxiety while promoting mindfulness and self-awareness.

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!