GROUP EXERCISE CLASS SCHEDULE

Naval Medical Center San Diego Fitness

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
NOFFS 11 am-12 pm | Bldg. 12	CYCLE STRENGTH 11 am-12 pm | Bldg. 26	NOFFS 11 am-12 pm | Bldg. 12	CYCLE STRENGTH 11 am-12 pm | Bldg. 26	GRAVITY 11 am-12 pm | Bldg. 26	
YOGA 4:30-5:30 pm | Bldg. 12	CIRCUIT TRAINING 4:30-5:30 pm | Bldg. 12	YOGA 4:30-5:30 pm | Bldg. 12	CIRCUIT TRAINING 4:30-5:30 pm | Bldg. 12	LINE DANCING 4:30-5:30 pm | Bldg. 12	

CLASS DESCRIPTIONS

CYCLE STENGTH
For all Fitness Levels. This class will help you SHED fat, IMPROVE your health, and BOOST your muscle endurance.

NOFFS
For all Fitness Levels. NAVY OPERATIONAL FUELING FITNESS SYSTEM. Improve functional fitness with lifting, pushing, pulling, balance, agility and coordination. Use of dumbbells, bands and body weight throughout the class.

CIRCUIT TRAINING
For all Fitness Levels. A circuit training class designed to incorporate all major muscles; while using body weight, bands, and dumbbells.

GRAVITY
For all Fitness Levels. A full body and core strengthening workout using a glide board.

YOGA
For all Fitness Levels. Increase health, energy, and vitality. Combine strength and flexibility-based yoga to create a total-body workout.

LINE DANCING
For all Fitness Levels. Have fun while you workout! Learn the steps to some of your favorite tunes while sweating it off.

MWR
MORALE, WELFARE AND RECREATION

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