

**AUG
2024**

VADM MARTIN FITNESS CENTER Group Exercise Schedule



NAVAL AIR STATION NORTH ISLAND

BLDG. 1507

(619) 545-0237

MONDAY

9:30-10:30 am
**FUNCTIONAL
MOBILITY**



11:00-12:00 pm
**SPIN &
STRETCH**



4:15-5:15 pm
**GUTS &
GLUTES**



TUESDAY

8:00-9:00 am
**SENIOR
FIT**



11:00-12:00 pm
**FLOW
YOGA**



11:00 am
**WARRIOR
STRENGTH**



SELF-LED Class: W.O.D Posted

4:30-5:30 pm
METCON



WEDNESDAY

9:30-10:30 am
**YOGA
SCULPT**



11:00-11:30 am
SPIN



THURSDAY

8:00-9:00 am
**SENIOR
FIT**



11:00-12:00 pm
**FLOW
YOGA**



11:00 am
**WARRIOR
STRENGTH**



SELF-LED Class: W.O.D Posted

4:30-5:30 pm
METCON



FRIDAY

11:00-12:00 pm
**SPIN &
STRETCH**



12:00-1:00 pm
**RESTORATIVE
MOVEMENT**



SATURDAY

8:30-9:30 am
METCON



9:30-10:30 am
YOGA



SCAN THE QR CODE TO
DOWNLOAD THE SCHEDULE



2024

VADM MARTIN FITNESS CENTER



Group Exercise Class Description



Guts and Glutes: Chisel your core, buttocks, and legs. Ignite your metabolism with challenging, exercises that builds abdominal muscles and enhances total-body assets. The classes suitable for all experience levels.



MetCon: Metabolic Conditioning, known as MetCon, is a type of workout that combines strength & cardio conditioning to help maximize your body's energy output. A variety of equipment including TRX, Dumbbells, Kettlebells, Medicine Balls, Calisthenics, Ski Erg, Assault Bike, Jump Ropes, Rowers, etc... can and will be used.



Functional Mobility: Optimize your fitness with morning mobility. This class is focused on stress reduction, mobility and stability movements meant to prepare you for the day, optimize your training program and enhance functional wellness. Expect foam rollers, mobility exercises and movement flows for a holistic approach to group exercise.



Restorative Movement: A class focused on regeneration and movement meant to restore and recover. Unwind as you release tension, enhance flexibility, and foster a serene mind-body connection with this rejuvenating experience tailored for mental and physical wellness.



Senior Fit: This exciting class offers our older patrons a circuit training workout that maximizes energy burned and muscles worked in a short time. This community-oriented class has all the same movements done on the weight room floor that offers functional movement patterns essential for active daily living.



Spin: Cardiovascular training on indoor bikes that focuses on endurance, strength, intervals, high intensity and recovery. Combines basic cycling movements, motivational coaching and breathing awareness techniques.



Spin & Stretch: Bike to bliss in this 30:20/30 format of blood-pumping indoor cycling followed by cool down and stretching. Challenge lower body and core in a fun, no-impact cardio class, then stretch it all out and enjoy a wind down into mindfulness. You'll leave sweaty and smiling. All levels welcome, beginner friendly.



Yoga Flow: Pair breath with movement in this active and intentional class for all levels. Expect sun salutations, lunges and warrior poses to warm and prepare the body for deep stretching. Modifications and props are available to make the practice accessible and individually challenging.



Yoga Sculpt: Mat-based movement class designed to tone and sculpt based on a safe and intentional sequence. We practice some basic yoga movements and then add tools like hand weights, resistance bands, Swiss balls, etc. to further engage muscles we may miss in a regular yoga practice. Build body brain awareness and core integration in this 60-minute class for all levels.



Warrior Strength: This is a Self-Led class. Trainers post the workout of the day aka W.O.D each class. Classes focus on movement mindset approach that works the major muscle groups. Push, Pull, Twist, Bend, Lift, and single-leg movements are all incorporated and delivered in a unique way to show the various formats of setting up a routine and the proper use of different equipment.

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