# GROUP EXERCISE CLASS SCHEDULE

## NMCSD MWR FITNESS / APR - JUN 2026

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|
| SPIN<br>11 am-12 pm \| Bldg. 26 | NOFFS<br>11 am-12 pm \| Bldg. 12 | YOGA<br>11 am-12 pm \| Bldg. 12 | NOFFS<br>11 am-12 pm \| Bldg. 12 | GRAVITY<br>11 am-12 pm \| Bldg. 26 | SPIN<br>10 am-11 am \| Bldg. 26 |
| COMMAND PT<br>Open<br>By appointment | COMMAND PT<br>Open<br>By appointment | COMMAND PT<br>Open<br>By appointment | COMMAND PT<br>Open<br>By appointment | COMMAND PT<br>Open<br>By appointment | |
| CIRCUIT TRAINING<br>4:30-5:30 pm \| Bldg. 12 | SPIN<br>4:30-5:30 pm \| Bldg. 26 | | CIRCUIT TRAINING<br>4:30-5:30 pm \| Bldg. 12 | YOGA<br>4:30-5:30 pm \| Bldg. 12 | |
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## CLASS DESCRIPTIONS

**COMMAND PT INSTRUCTION AVAILABLE UPON REQUEST. CALL 619-532-7495**

### SPIN/CYCLE (FEP)

For all Fitness Levels. Take a ride with us on hills, sprints and flat terrain. This class will boost cardiovascular endurance.

### NOFFS (FEP)

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 (FEP)

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.

MWR
MORALE, WELFARE AND RECREATION

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