

# GROUP EXERCISE

FLEET FITNESS COMPLEX & HARIO FITNESS CENTER

## MAIN BASE

### MONDAY

Tap-Ballet Combo 4-5 p.m.  
Zumba 5:30-6:30 p.m.

### TUESDAY

Yoga Flow 11 a.m.-12 p.m.  
Cheer Dance \$ 3:30-4:30 p.m.  
Gymnastics (Ages 3-5) \$ 4:30-5:30 p.m.  
Zumba 5-6 p.m.  
Fitness Swim 5:30-7:30 p.m.  
Gymnastics (Ages 6+) \$ 5:30-6:30 p.m.

### WEDNESDAY

Zumba 9:30-10:30 a.m.  
TRX Suspension 11:15 a.m.-12 p.m.  
Shiatsu Yoga 5-6 p.m.  
Shorinji Kempo (Ages 6-14) \$ 6:30-7:30 p.m.  
Shorinji Kempo (Ages 15+) \$ 7:30-8:30 p.m.

### THURSDAY

Yoga Flow 9:30-10:30 a.m.  
HIIT Metabolic Cond. 11:15 a.m.-12 p.m.  
Zumba 5-6 p.m.  
Hip-Hop Dance \$ 5-6 p.m.  
Fitness Swim 5:30-7:30 p.m.  
Shotokan Karate (Ages 6-15) \$ 6:15-7:15 p.m.  
Yoga Flow 7:30-8:30 p.m.

### FRIDAY

Zumba 9:30-10:30 a.m.  
Barbell Beatdown 11:15 a.m.-12 p.m.  
Zumba 5-6 p.m.  
Cheer Tumble \$ 5:30-6:30 p.m.

## HARIO

### MONDAY

Zumba 9:30-10:30 a.m.  
Yoga Flow 5:30-6:30 p.m.

### TUESDAY

F3 (Family Fitness Fun) 8:30-9:15 a.m.

### WEDNESDAY

Yoga Flow 6-7 p.m.  
Gymnastics (Ages 3-5) \$ 5:15-5:55 p.m.  
Shotokan Karate \$ 5-6 p.m.  
(Ages 6-15 - Beginners)  
Gymnastics (Ages 6+) \$ 6-7 p.m.  
Shotokan Karate \$ 6-7 p.m.  
(Ages 6+ - Intermediate)

### FRIDAY

TRX Suspension 8:30-9:30 a.m.  
Belly Dance 9:35-10:35 a.m.

### SATURDAY

Shorinji Kempo (Ages 6-14) \$ 9-10 a.m.  
Shorinji Kempo (Ages 15+) \$ 10-11 a.m.



### Guest Fit Passes:

\$4 per class • Packages: \$35 for 10 passes or \$60 for 20 passes.  
All Non-SOFA sponsored patrons and guests are required to purchase a FIT Pass to attend group fitness classes. Classes are free for All SOFA Sponsored Personnel.

**Command PT** (Available via request only):  
Customized PT and FEP support available  
Monday-Friday from 5:30-9 a.m.

**FEP PREP:** All classes between 5 a.m.-6 p.m. are open to command fitness enhancement program sessions!

## Class Descriptions

### FFC & HFC CLASSES

#### TRX Course:

**Suspension Training:** Build strength, endurance and conditioning while minimizing impact on joints and chance of injury  
(Powered by NOFFS)

**ZUMBA:** Have fun and torch calories at the same time with international dance moves!

**Yoga Flow:** Gain balance, strength and stamina with a seamless flow of poses, and relax into savasana.

### FLEET FITNESS COMPLEX *Exclusive*

**Barbell Beatdown:** This full body workout is designed to train and develop muscles to perform everyday activities safer and easier (Powered by NOFFS).

**Fitness Swim:** Ever thought about training for triathlon, continuing your swim team routine or want to learn how to swim for fitness? Join the group and have a coach guide you through proper stroke techniques and workouts to advance your swim potential.

**HIIT Metabolic Conditioning:** Melt fat, gain muscle and more with high-intensity interval sets of cardiovascular and resistance training  
(Powered by NOFFS).

### HARIO FITNESS CENTER *Exclusive*

**Belly Dance:** Try this Egyptian style of dancing to tone and condition!

**F3 (Family Fitness Fun):** Celebrate health, fitness, family and fun with us! We have a circuit-based strength training course for the adults, while the children have fun in the Soft Play area.  
Space is limited to 10 parents.  
(Powered by NOFFS).

**Note:** Group exercise classes are open to ages 10 years and older. All youths 10-14 years old must be accompanied by a participating adult (ages 18 years and older).

KEY: \$ - Registration and season fee required.

For more information,  
call 252-3588 or 8960.



# JANUARY