

# GROUP EXERCISE

FLEET FITNESS COMPLEX & HARIO FITNESS CENTER

## MAIN BASE

### MONDAY

Warrior Workout 6:45-7:30 a.m.  
Zumba 6-7 p.m.

### TUESDAY

Belly Dance 9:30-10:30 a.m.  
TRX Suspension 11:15 a.m.-12 p.m.  
Gymnastics (Ages 3-5) \$ 4:30-5:30 p.m.

### WEDNESDAY

TRX Functional Training 6:45-7:30 a.m.  
Zumba 9:30-10:30 a.m.  
Spin Plus 11:15 a.m.-12 p.m.  
Shorinji Kempo (Ages 6-15) \$ 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 11:15 a.m.-12 p.m.  
Conditioning  
Yoga Flow 5:30-6:30 p.m.  
Shotokan Karate (Ages 6-15) \$ 6:30-7:30 p.m.

### FRIDAY

Zumba 9:30-10:30 a.m.  
Jump Start 11:15 a.m.-12 p.m.  
Zumba 5-6 p.m.

**KEY:** \$ - Registration and season fee required.

**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.

## HARIO

### MONDAY

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

### TUESDAY

Shotokan Karate \$ 5-6 p.m.  
(Ages 6-15 - Beginners)  
Shotokan Karate \$ 6-7 p.m.  
(Ages 6+ - Intermediate)

### WEDNESDAY

Gymnastics (Ages 3-5) \$ 4:30-5:30 p.m.  
Gymnastics (Ages 6+) \$ 5:15-5:55 p.m.

### THURSDAY

Spin-TRX 4-5 p.m.

### FRIDAY

Belly Dance 9:30-10:30 a.m.

### SATURDAY

Shorinji Kempo (Ages 6-15) \$ 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 eligible for use as command fitness enhancement program sessions!

## Class Descriptions

### FFC & HFC CLASSES

**Belly Dancing:** Shake it off with Egyptian style belly dance to tone and condition!

**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*

#### HIIT Metabolic Conditioning:

High-intensity interval sets of cardiovascular and resistance training.

#### Jump Start:

This full body workout is designed to train and develop muscles to perform everyday activities safer and easier.

**Spin Plus:** Indoor cycling with sets of sculpting and strength building movements.

#### TRX Courses:

##### Suspension Training:

This class increases the demand of bodyweight exercises while decreasing impact on joints for improvements in strength, endurance and conditioning.

##### Functional Training:

Work your entire body with a variety of equipment including sandbags, battle ropes, medicine balls and more for a more well rounded workout.

**Warrior Workout:** A HIIT class featuring varied functional movements to challenge balance, agility, mobility, power, strength and aerobic capacity (Powered by NOFFS).

### HARIO FITNESS CENTER *Exclusive*

**Spin-TRX:** Take your ride to the next level with indoor cycling plus sets of strengthening exercises with the TRX straps.

For more information,  
call 252-35888 or 89660



# APRIL