

GROUP EXERCISE SCHEDULE

JANUARY 2023



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

FLEET FITNESS COMPLEX

HARIO

2'S DAY ON MONDAY SPIN
9-10 A.M.
(KAT)

ZUMBA TONING
4:20-5 P.M.
(CAROLINE)

ZUMBA
5:20-6 P.M.
(CAROLINE)

JIU-JITSU (4-5 Y/O) - \$
4-4:45 P.M.
(MARK)

JIU-JITSU (6-9 Y/O) - \$
5-5:45 P.M.
(MARK)

ZUMBA
10:30-11:30 A.M.
(KANA)

YOGA
10-11 A.M.
(MASUMI)

JIU JITSU - \$
6-7:45 P.M.
(KENGO)

ZUMBA
10:30-11:30 A.M.
(KYLIE)

K-POP FIT DANCE
6-6:50 P.M.
(CAROLINE)

ZUMBA TONING
9-9:40 A.M.
(CAROLINE)

ZUMBA
10:30-11:30 A.M.
(KANA)

K-POP FIT DANCE
4-4:50 P.M.
(CAROLINE)

TOTAL BODY BLAST
9-10 A.M.
(KAT)

KARATE - \$
5-6 P.M.
(TERUYA)

KARATE - \$
6-7 P.M.
(TERUYA)

YOGA
11 A.M.-12 P.M.
(MASUMI)

ZUMBA TONING
4:20-5 P.M.
(CAROLINE)

ZUMBA
5:15-6 P.M.
(CAROLINE)

BEGINNERS JUDO - \$
4-5 P.M.
(KENGO)

ADVANCED JUDO - \$
5-6 P.M.
(KENGO)

JIU JITSU - \$
6-7:45 P.M.
(KENGO)

ZUMBA
6-7 P.M.
(KANA)

ADULT JUDO/ JIU JITSU - \$
6-7 A.M.
(KENGO)

K-POP FIT DANCE
9:15-10:05 A.M.
(CAROLINE)

ADULT HIP HOP DANCE
10:30-11:15 A.M.
(YUKARI)

HIP HOP DANCE - \$
5-6 P.M.
(YUKARI)

ZUMBA
10:30-11:30 A.M.
(KYLIE)

GYMNASTICS (3-5 Y/O) - \$
3-4 P.M.
(IKUKO)

GYMNASTICS (6+ Y/O) - \$
4-5 P.M.
(IKUKO)

CLASS DESCRIPTIONS

TOTAL BODY BLAST:

Blast your body fat by using bodyweight and light weight resistance for a high intensity cardio session.

TRX:

Let us show you how to build strength & endurance all while avoiding injury.
(Powered by NOFFS)

ZUMBA

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

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).

MARTIAL ARTS CLASSES WILL BE POSTPONED WHEN SASEBO IS CONSIDERED **YELLOW** OR **RED** IAW PHO.

HOW ARE WE DOING?

SCAN THE QR CODES TO COMPLETE EACH SURVEY!

FITNESS



IM SPORTS



AQUATICS



FOLLOW US ON FACEBOOK & INSTAGRAM!



@NAVYFITNESSASEBO

VISIT OUR WEBPAGE:

[HTTPS://WWW.NAVYFWRSASEBO.COM/FITNESS-AQUATICS](https://www.navyfwrsasebo.com/fitness-aquatics)



FOR MORE INFORMATION, CALL 252-3588 OR 8960.

● = FLEET FITNESS COMPLEX

● = HARIO FITNESS CENTER

\$ = REGISTRATION & SEASON FEE REQUIRED