

NOFFS ZONE

SCHEDULE JANUARY 2023



MONDAY

OPEN GYM
5-6 A.M.

COMMAND PT
6-8:30 A.M.
BY RESERVATION ONLY

OPEN GYM
8:30-11 A.M.

**FUNCTIONAL
FITNESS**
11:15 A.M. - 12:15 P.M.
(KAT)

OPEN GYM
12:15-7:30 P.M.

TUESDAY

OPEN GYM
5-6 A.M.

COMMAND PT
6-8:30 A.M.
BY RESERVATION ONLY

OPEN GYM
8:30-9:30 A.M.

BOOTCAMP
9:30-10:30 A.M.
(KAT)

TRX
11:15-12:15 P.M.
(KELLY)

OPEN GYM
12:15-7:30 P.M.

WEDNESDAY

OPEN GYM
5-6 A.M.

COMMAND PT
6-8:30 A.M.
BY RESERVATION ONLY

TRX
9-10 A.M.
(KELLY)

**FUNCTIONAL
FITNESS**
11:15 A.M. - 12:15 P.M.
(KAT)

OPEN GYM
12:15-7:30 P.M.

***THE NOFFS ZONE MAY BE
SECURED FROM OPEN GYM WHEN
THERE ARE SCHEDULED CLASSES.
PLEASE PLAN ACCORDINGLY AND
CHECK WITH INSTRUCTOR FOR
EQUIPMENT AVAILABILITY.***

**FOR MORE QUESTIONS,
CALL 252-3588.**

THURSDAY

OPEN GYM
5-6 A.M.

COMMAND PT
6-8:30 A.M.
BY RESERVATION ONLY

OPEN GYM
8:30-9:30 A.M.

BOOTCAMP
9:30-10:30 A.M.
(KAT)

TRX
11:15-12:15 P.M.
(KELLY)

OPEN GYM
5:30-7:30 P.M.

FRIDAY

OPEN GYM
5-6 A.M.

COMMAND PT
6-8:30 A.M.
BY RESERVATION ONLY

TRX
9 A.M. - 10 A.M.
(KELLY)

OPEN GYM
10 A.M. - 7:30 P.M.

SATURDAY

OPEN GYM
10 A.M. - 4:30 P.M.

SUNDAY

OPEN GYM
10 A.M. - 4:30 P.M.

CLASS DESCRIPTIONS

FUNCTIONAL FITNESS

SIMILAR TO HIIT WITH CONSTANTLY VARIED MOVEMENTS.

BEGINNER OLYMPIC LIFTING

FOR THOSE WHO WANT TO LEARN HOW TO SNATCH, CLEAN AND JERK. INCLUDES SUPPLEMENTAL STRENGTH AND ACCESSORY MOVEMENTS.
8 WEEK/16 SESSION CLASS

ADVANCED OLYMPIC LIFTING

FOR THOSE WHO ARE FAMILAR WITH OLYMPIC LIFTS AND WANT TO IMPROVE. INCLUDES ACCESSORY MOVEMENTS FOR THE SNATCH, CLEAN, AND JERK. EACH DAY WILL FOLLOW IN-CLASS PROGRAMMING.

POWERLIFTING

PROGRAM DESIGNED TO INCREASE PERFORMANCE AND INCREASE 1RM ON THE SQUAT, BENCH, AND DEADLIFT.

NOFFS (BODYWEIGHT)

A PROGRESSIVE PROGRAM DESIGNED TO CHALLENGE YOUR CORE AND BUILD FONDATIONAL STRENGTH AND FLEXIBILITY USING YOUR BODYWEIGHT. WE MOVE WELL, THEN STRONG, THEN FAST! THIS PROGRAM WILL PREPARE YOU FOR NOFFS KETTLEBELL.

NOFFS (KETTLEBELL)

A PROGRESSIVE PROGRAM DESIGNED TO CHALLENGE YOUR CORE WITH THE USE OF TOOLS LIKE THE KETTLEBELL AND SANDBAG. THE FOCUS IS GIVEN TO BUILDING FLEXIBILITY, FONDATIONAL MOVEMENT, AND IMPROVING TECHNIQUE WITH THE KETTLEBELL AND SANDBAG.

TACTICAL CONDITIONING

DEVELOPS CORE STABILITY, STRENGTH, SPEED AND POWER TO MEET THE DEMANDS OF THE TACTICAL ATHLETE.

BOOTCAMP

FULL BODY WORKOUT THAT USES BODYWEIGHT AND LIGHT RESISTANCE EXERCISES. THIS BOOTCAMP WORKOUT MIXES CARDIO AND STRENGTH TRAINING.



HOW ARE WE DOING?

SCAN THE QR CODES TO COMPLETE EACH SURVEY!

FITNESS



IM SPORTS



AQUATICS



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).