NAVY Fitness

NAS Whidbey Island

FITNESS PROGRAM SCHEDULE

360.257.2420 • 360.257.2433 • 360.257.6936

www.navylifepnw.com

May 2017

MAY SCHEDULE - GROUP FITNESS CLASSES

	Monday	Tuesday	Wednesday	Thursday	Friday	SAT	SUN
6:00 am		Spin	HIIT	Spin			
7:00 am	Fitness Enhancement Program		Fitness Enhancement Program		Fitness Enhancement Program		
9:30 am		Prenatal Fitness		FIT Together			
11:00 am	Group Strength	Yoga	Group Strength / NOFFS	Yoga			
12:00 pm		TRX		TRX			
3:00 pm	Fitness Enhancement Program		Fitness Enhancement Program		Fitness Enhancement Program		
5:00 pm	Pound	Kickboxing Express	Step Sculpt	Kickboxing			
5:30 pm					Ballroom Dancing		
6:00 pm	Yoga	Spin-Spin Room Zumba-Aerobics Rm	Yoga	Spin-Spin Room Zumba-Aerobics Rm			
7:00 pm	Strong by Zumba		Strong by Zumba	Tabata Total Body			

Martial Arts Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Sunday
Jiu-Jitsu	Youth 5:00-6:00pm Adult 8:00-10:00pm	Youth 5:00-6:00pm Adult 7:00-9:00pm	Youth 5:00-6:00pm Adult 7:00-9:00pm	Youth 5:00-6:00pm Adult 8:00-10:00pm	Adult 6:00-8:00pm	
Judo	6:00-8:00pm			6:00 - 8:00 pm		

Fitness Enhancement Program (FEP) is designed for Active Duty Military but ALL are welcome!

Mission Nutrition on the 5th – MyFFR#610133

NOFFS Operational Certification on the 12th / / Amazing Race Event on the 24th – MyFFR#610134

YOUTH ORIENTATION will be offered on the 26th @1600 / / ADULT EQUIPMENT ORIENTATION will be offered on 26th @ 1600

**Call 360-257-2420 for further information

Class Fees: FREE to active duty / reservists, retirees and their family members! DoD civilians: $3.50 per class; $5.50 user fee for DoD Contractor per class; $3.50 for ages 10 – 14 years (child must have gone through a Youth Orientation PRIOR to participating in ANY class.) JUDO– FREE to anyone with base access. ZUMBA– Free to Active Duty. Cost for Family Members, Retirees, DoD Civilians $3.50. Cost for Contractors and Guests $5.50, 10 Class Punch Card $30.00. Ballroom Dancing – FREE for active duty. Cost for Family Members, Retirees, DoD Civilians, Contractors, and Guests: $11.00 per class, $70.00 per private lesson. Jiu-Jitsu - $50 per month YOUTH, $60 per month ADULTS.