

# NAS WHIDBEY ISLAND • FITNESS CENTER

## GROUP FITNESS CLASSES

## SEPT 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 a.m.	Build & Burn	Bootcamp		Pedal & Pump	Body Blast	
7:00 a.m.	*NOFFS/FEP		*NOFFS/FEP		*NOFFS/FEP	
10:00 a.m.						
11:00 a.m.	Cycle Power Hour	Strength Surge	TRX©	HIIT	Yoga	
3:00 p.m.	*NOFFS/FEP	HIIT (starts at 3:15pm)	*NOFFS/FEP	Butts & Guts (starts at 3:30)	*NOFFS/FEP	
4:30 p.m.			Pedal & Pump			
5:00 p.m.		Yoga		Kickboxing		
5:30 p.m.	MixedFit©		MixedFit©			

POW/MIA Remembrance 5K— September 19, 11 a.m.

Gym Unmanned September 1

Mission Nutrition—September 23—8 a.m. to 3:30 p.m. Sign up at front desk

YOUTH/ADULT EQUIPMENT ORIENTATION available upon request [NASWI\\_MWR\\_Fitness1@us.navy.mil](mailto:NASWI_MWR_Fitness1@us.navy.mil)

500/1000 lb. club available upon request [NASWI\\_MWR\\_Fitness1@us.navy.mil](mailto:NASWI_MWR_Fitness1@us.navy.mil)



SCAN FOR DETAILS



SATISFACTION SURVEY



**OPEN 24 HOURS!**

**MANNED HOURS:** MON-FRI 5 A.M.—9 P.M.

SAT/SUN 5 A.M.—8 P.M.

**UNMANNED HOURS:** 8/9 P.M.—5 A.M. &

ALL HOLIDAYS



[navylifepnw.com](http://navylifepnw.com)



@WhidbeyFFR

## NASWI'S GROUP FITNESS - OFFERS ALL COMPONENTS OF FITNESS

Class Fees: FREE to active duty/reservists, retirees and their family members! \$7.00 user fee for DoD Contractor per class; \$3.50 for ages 7 – 15 years .

Fitness Center Entry Fees: FREE to active duty/reservists, retirees and their family members & DOD Civilians! Adult guests are \$7.00 daily/7-15 years old are \$4.00 daily/ 6 & under are FREE.

**\*NASWI'S MWR FEP PROGRAM:** The focus of the classes with asterisks are to help prepare the Active Duty Sailor to pass, improve or excel in all the aspects of the PFA – Strength, Cardio and Flexibility. These classes will use NOFFS concepts to develop a workout program for the Sailors who attend. Our instructors plan serious workouts that must follow all aspects of the OPNAVINST 6110.1K.

### “CARDIO”

**Cycle Power Hour:** Push your limits and power through an energizing ride! This high-intensity cardio workout combines endurance, strength, intervals, and speed training—all set through motivating music that keeps you moving.

### “FUSION”

**Body Blast:** A combination of strength and core conditioning, supporting every day demands of real life activities, within a circuit workout routine.

**Bootcamp:** This workout will surely get the sweat pouring! Definition of bootcamp in the dictionary is “a short, intensive, and rigorous course of training.” Be ready for a cardio and strength challenge!

**HIIT:** High Intensity Interval Training. This class is a total-body program that incorporates strength training, cardio, and core work. It challenges your entire body with timed high intensity intervals and short duration exercises.

**Kickboxing:** Workout with a power and punch! This is an energetic group exercise class that stimulates the body and mind to function at its best. Jab, Hook, Uppercut, Kick combos & more – major high energy with rockin’ tunes! We draw from other martial arts disciplines including use of boxing gloves, bags, drills, jump ropes, & circuits .

**NOFFS (Navy Operation Fitness and Fueling Series)/FEP:** Using the latest sports science methodologies the logic engine for NOFFS combines both human performance and injury prevention strategies, resulting in safer training while yielding positive human performance outcomes.

**Pedal & Pump:** A high-energy full body workout that includes interval training of both cycle and strength exercises, guaranteed to leave you sweaty and strong! 30 minutes of indoor cycling and 30 minutes of strength moves utilizing TRX or other weights.

**Butts & Guts:** This class will challenge your glutes and core using various modalities. A great workout to do!

**MixedFit:** A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

### “FLEXIBILITY”

**Yoga:** Whether you're in the mood for relaxation or wanting to advance further, this class will ease your body into its youthful state of flexibility while increasing lower body and core strength, balance and flexibility.

### “STRENGTH”

**Strength Surge:** Be ready to fatigue all your muscles (upper & lower body) for stronger more sculpted muscles while at the same time receiving cardiovascular benefits. This is a low impact class but you will surely break a sweat!

**Build & Burn:** This 60 minute class uses kettlebells and core work to give you a short, yet effective workout. You definitely have time for this class!

**TRX® :** Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. A great full body workout for ALL levels!

**500/1000 lb Club:** Here is your opportunity to show how much you can squat, deadlift and bench press. Totals must add up to 500 for women or 1000 lbs for men or women. Done in the NOFFS Zone. Sign up via email.