



**NAS Whidbey Island**  
**FITNESS PROGRAM SCHEDULE**  
 360.257.2420 • 360.257.2433 • 360.257.6936  
[www.navylifepnw.com](http://www.navylifepnw.com)

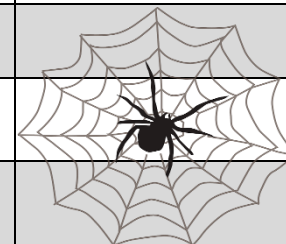
Hours: Mon-Fri: 5 a.m.- 9 p.m. Sat/Sun: 11 a.m-4 p.m.

**October 2022**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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**GROUP FITNESS CLASS SCHEDULE**

5:30 a.m.		Indoor Cycling				
7:00 a.m.	*Fitness Enhancement Program		*Fitness Enhancement Program		*Fitness Enhancement Program	
11:00 a.m.		Group Strength		HIIT	Regeneration – 30 mins (no class Oct 14)	Yoga
11:30 a.m.			Tai Chi		Yoga – 30 mins (no class Oct 14)	
3:00 p.m.	*Fitness Enhancement Program		*Fitness Enhancement Program		*Fitness Enhancement Program	
4:30 p.m.			Restorative Yoga			
5:00 p.m.		Circuit Training		Pedal & Pump		
5:45 p.m.	Zumba© (no class Oct 31)		COMMIT© Dance Fitness			



**Fitness center closed October 10 for Columbus Day. All fitness classes that day are cancelled.**

2022 Run the Northwest Virtual Run Series – Deception Pass 15k October 1-31 Sign up at front desk or MyFFR#600001

DV Prevention Obstacle Course – October 14 – 11 a.m. Sign up at front desk or MyFFR#610222

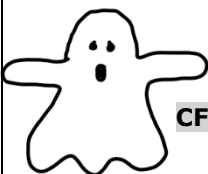
NOFFS Ops Course on October 13 from 7-11 a.m. MyFFR#610651

CFL Course (Active Duty Only) October 17-21 – Registration closes Sep 30. Register through CNIC via [www.navyfitness.org](http://www.navyfitness.org)

Booo Dash and Bash – October 28 – 5 to 8 p.m. – no preregistration needed

YOUTH/ADULT EQUIPMENT ORIENTATION available upon request [NASWIMWRFitness.cnrnw@navy.mil](mailto:NASWIMWRFitness.cnrnw@navy.mil)

500/1000 lb. club available upon request [NASWIMWRFitness.cnrnw@navy.mil](mailto:NASWIMWRFitness.cnrnw@navy.mil)



**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 7 – 15 years (child must have gone through a Youth Orientation PRIOR to participating in ANY class).

**Fitness Center Entry Fees:** FREE to active duty/reservists, retirees and their family members & DOD Civilians! Adult guests are \$5.50 daily/7-15 years old are \$3.50 daily/ 6 & under are FREE.

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

**\*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 provide fitness activities beyond regimented calisthenics and formation runs. Our instructors plan serious workouts that must follow all aspects of the OPNAVINST 6110.1J

## ***“CARDIOVASCULAR”***

**Indoor Cycling:** Go for a ride inside! A fun high-energy ride with both cardiovascular and strength training combined for MAJOR caloric expenditure. A journey of hills, sprints, lifts, and jogs while listening to great music! You can burn a ton of calories too.

## ***“STRENGTH”***

**Group Strength:** 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! Never the same thing each class!

**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.

## ***“FUSION”***

**COMMIT© Dance Fitness:** A dynamic, fun-filled HIIT-style dance workout for all levels. Each routine is a fun, high-intensity, highly-effective dance-fitness workout that uses popular hip-hop music to create an aggressive, athletic workout. This workout is designed for all fitness levels and encourages a positive, non-judgmental atmosphere.

**\*Fitness Enhancement Program (FEP):** FEP sessions include activities to promote moderately intense aerobic development, muscular strength, endurance, and flexibility.

**Circuit Training:** A combination of strength and cardio conditioning, supporting every day demands of real life activities, within a circuit workout routine.

**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. These bursts of intense work will torch calories, build muscle and scorch body fat. Be prepared to have a boost post exercise calorie burn when it's all over.

**NOFFS (Navy Operation Fitness and Fueling Series):** 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. The exercises used in NOFFS are designed to replicate the activities of lifting, pushing, pulling, and carrying.

**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.

**ZUMBA®:** 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”***

**Tai Chi:** It is an ancient Chinese tradition that, today, is practiced as a graceful form of exercise. It involves a series of movements performed in a slow, focused manner and accompanied by deep breathing.

**Yoga/Restorative Yoga:** All yoga classes are beginner friendly. The **Yoga** classes will improve your flexibility, balance, and strength. **Restorative yoga** will help you to relax and unwind with simple yoga sequences, breathing techniques, and short meditations.

**Regeneration:** After working our muscles in all the ways we do, it is wise to help those muscles regenerate. In this class you will use foam rolling and stretching techniques to allow your muscles to heal properly. You will also learn dynamic stretches to help increase or maintain joint mobility. This is a great active recovery!

Scan the QR code to give us  
your feedback...tell us what  
classes and events you like  
to see.

