

Free for Active Duty • fee for Dependents, Retired & Reservists • fee for DoD Civilians

Punch cards are available for a fee. All instructors are certified to teach fitness classes.

20/40 - 20 minutes of cardio exercise followed by light weights, tubing and/or ball work. Class finishes with abdominal work & stretching.

ABS & BACK - 30 MINUTES of abdominal and back exercise using various props to improve core strength, followed by a relaxing stretch.

BODY SCULPT - Free-weights, tubing, bands and balls are used in this intense muscle conditioning class. Class concludes with abdominal work and stretching and is a wonderful compliment to any aerobic exercise.

CARDIO/SCULPT - A mix of cardio and sculpt classes featuring free-weights, tubing, bands and balls used for an intense muscle conditioning class.

CIRCUIT TRAINING - One to two minute intervals of easy to follow cardio segments are followed by one-minute segments of resistance training. Participants are invited to work at their own level to get their best individual workout.

*FITNESS ENHANCEMENT PROGRAM (FEP) CLASSES - Designed to help military personnel meet the challenging new Navy Fitness Standards. Classes are open to all participants, but are specifically geared toward military standards.

FITNESS STRETCH - Include this stretch into your workout routine to help prevent injury and increase flexibility.

GROUP CYCLING - Intense workout offering a variety of hills, sprints & endurance - -guaranteed to get your heart pumping!

GROUP CYCLING FOR BEGINNERS - Learn the basic for cycling, seat adjustments & technics within a structured class.

GROUP CIRCUIT - Different stations of cardio and weight training for one to two minute intervals.

GUT & BUTTS - This 30 minute class will be sure to tighten & tone glutes & abs.

PILATES - This class focuses on strengthening and stabilizing the "core" of the body - abs, back, chest and hip flexors - with lengthening stretching incorporated into each exercise.

PURE CARDIO - This cardio-step class is sure to get your heart pumping! Easy to follow patterns make this a great class for beginners and advanced participants. Class concludes with abdominal work and stretching.

SCULPT - Free weights, tubing, bands and balls are used in this intense muscle conditioning class. Class concludes with abdominal work and stretching. This class is a great compliment to any aerobic exercise.

STEP - This terrific cardiovascular workout will take you through various levels of high and low-intensity stepping. Class concludes with abdominal work and stretching.

SPECIAL CLASSES

DEEP H2O FITNESS - This class is for participants who are comfortable in deep water. You will perform exercises that emphasize flexibility and endurance, various props will be used to increase resistance. Class is 45-minutes long. Cost is \$3 per class or \$25 for a punch card valid for 11 classes. Call the aquatics staff at 841-6628 for more information.

WATER AEROBICS - Enjoy the refreshing benefits of water aerobics at Pool 307! Cost is \$3 per class or \$25 for a punch card valid for 11 classes. Call the aquatics staff at 841-6628 for more information.