



# NAVAL STATION EVERETT GROUP FITNESS CLASSES

## APRIL 2026

TIME	MON	TUE	WED	THU	FRI
11:30 - 12:30	ANATOMY OF A LIFT	SPIN	KETTLEBELL & ROW	INNER ATHLETE	YOGA
14:30 - 15:30	READY FORCE - LAND		READY FORCE - WATER		
COMMAND PT UPON REQUEST					

**NO CLASSES:**

FRIDAY, 17<sup>TH</sup> APR - DUE TO TRIDENT TRIALS EVENT

TRIDENT TRIALS  
APR 17



ROW CLINIC - APR 24  
10 SEATS AVAILABLE



CFL COURSE  
APR 27 - MAY 1



FITNESS GROUP  
CLASS SURVEY



GEAR ISSUE: 425-304-3336  
FITNESS: 425-304-3922  
POOL: 425-304-3388  
INTRAMURAL: 425-304-3215

SEISMOS FITNESS CENTER MANNED HOURS: MON - FRI 0500-2000 | SAT - SUN 0900-1630

SEE GEAR ISSUE DESK TO SIGN UP FOR UNMANNED 24 HOUR ACCESS

CALL FOR DETAILS AND SCHEDULING :

PERSONAL TRAINING FOR ACTIVE DUTY & ELIGIBLE PATRONS | YOUTH/ADULT ORIENTATION | 500 & 1000 LB CLUB





# NAVAL STATION EVERETT CLASS DESCRIPTIONS

**ANATOMY OF A LIFT:** BUILD YOUR PERFORMANCE BASE. LEARN STABILITY, CONTROL, AND FUNCTIONAL JOINT RANGE OF MOTION. UNLOCK BETTER STRENGTH AND SAFER, ENHANCED ENDURANCE.

**SPIN:** EXPERIENCE THE ROAD INDOORS! COMBINE CARDIO AND STRENGTH TO TACKLE HILLS AND SPRINTS, MAXIMIZING CALORIE BURN. HIGH-ENERGY, LOW-IMPACT, AND PERFECT FOR EVERY RIDER.

**KETTLEBELL & ROW:** STRENGTH MEETS STAMINA. HIGH-ENERGY INTERVALS COMBINING POWERFUL KETTLEBELL MOVEMENTS FOR FULL-BODY POWER AND ROWING FOR MAXIMUM CARDIOVASCULAR ENDURANCE. BUILD FUNCTIONAL STRENGTH AND PUSH YOUR LIMITS.

**YOGA:** BREATHE, MOVE, RESTORE. A TRADITIONAL PRACTICE COMBINING PHYSICAL POSTURES, MINDFUL BREATHING, AND MEDITATION TO PROMOTE TOTAL MENTAL AND PHYSICAL WELL-BEING FOR MIND, BODY, AND SPIRIT.

**INNER ATHLETE:** TRAIN LIKE AN ATHLETE FOCUSED ON EXPLOSIVE POWER, LIGHTNING-FAST AGILITY, AND SHARP REACTIVITY, PERFECT FOR INTERMEDIATE FITNESS LEVELS LOOKING TO BREAK THROUGH PLATEAUS AND IMPROVE TOTAL -BODY COORDINATION AND SPEED.

**READY FORCE - LAND:** MISSION-READY FITNESS. OFFICIAL COMMAND-LEVEL FEP TRAINING COMPLIANT WITH OPNAVINST 6110.1K. DEVELOP STRENGTH, ENDURANCE, AND MOBILITY THROUGH PROGRESSIVE NOFFS-BASED TRAINING.

**READY FORCE - WATER:** FEP SWIM/WATER-BASED TRAINING. OFFICIAL COMMAND-LEVEL FEP TRAINING FOCUSED ON DEVELOPING WATER CONFIDENCE, SWIM PROFICIENCY, AND AQUATIC ENDURANCE, COMPLIANT WITH NOFFS & NAVY READINESS STANDARDS.

**COMMAND PT:** CUSTOM READINESS SESSIONS. MWR-LED WORKOUTS UTILIZING NOFFS PRINCIPLES, TAILORED TO YOUR COMMAND'S NEEDS. SCHEDULE YOUR UNIT'S SESSION TODAY TO MAXIMIZE PFA READINESS.

## **FITNESS TEAM**

FITNESS MANAGER:  
PAMELA GAWAD-TATE  
PAMELA.G.GAWAD-TATE.NAF@US.NAVY.MIL

FITNESS SPECIALIST:  
JAZ'MON WILLIAMS  
JAZMON.J.WILLIAMS.NAF@US.NAVY.MIL

FITNESS SPECIALIST:  
OXANA BALAKINA  
OXANA.BALAKINA.NAF@US.NAVY.MIL





# NAVAL STATION EVERETT



## COURSES, SCHEDULING & FEES

### SHORT COURSE

**NOFFS OPERATIONAL** A ONE-DAY COURSE OPEN TO ACTIVE-DUTY MEMBERS AND/OR

**SHORT COURSE:** CFL/ACFLS WANTING A BETTER UNDERSTANDING OF NAVY OPERATIONAL FITNESS & FUELING SYSTEM, PROGRAM DESIGN, AND PROPER PROGRESSION FOR THE COMMAND.

**NAVY MISSION** A ONE-DAY COURSE OPEN TO ACTIVE DUTY AND ALL PATRONS

**NUTRITION:** COVERING THE FUNDAMENTALS OF NUTRITION, FUELING NEEDS, AND THE IMPACT FOODS HAVE ON PERFORMANCE. CAN ALSO FULFILL FEP NUTRITION EDUCATION REQUIREMENTS.

**CFL COURSE:** REQUIRED FOR ALL NEWLY APPOINTED COMMAND FITNESS LEADERS AND FOR CFLS RENEWING EVERY 5 YEARS.

### SCHEDULING

**YOUTH/ADULT** SCHEDULE A FITNESS ORIENTATION WITH A SPECIALIST FOR  
**ORIENTATION:** PATRONS NEW TO NSE INSTALLATION. YOUTH ORIENTATION AND REGISTRATION FORM IS REQUIRED FOR CHILDREN AGES 12 TO 14.

**500 & 1000 LB CLUB:** SCHEDULE AN APPOINTMENT WITH A FITNESS SPECIALIST AND EARN YOUR SPOT ON THE LEADERBOARD FOR BENCH PRESS, SQUAT, AND DEADLIFT.

### FEES

PLEASE CONTACT FITNESS TEAM FOR SESSION DETAILS

**PERSONAL TRAINING** FREE TO ALL ACTIVE-DUTY PERSONNEL FOR A TOTAL OF SIX (6)

**ACTIVE DUTY:** SESSIONS.

**PERSONAL TRAINING** PAYMENT MUST BE MADE AT GEAR ISSUE PRIOR TO SESSIONS:

- NON-ACTIVE DUTY:**
- \$40 - ONE (1) SESSION
  - \$180 - SIX (6) SESSIONS
  - \$360 - TWELVE (12) SESSIONS

\*\*\*NEW CLIENTS MAY BE ADDED TO A WAIT LIST DEPENDING ON FITNESS SPECIALIST AVAILABILITY AND WORKLOAD\*\*\*

- FITNESS CENTER**
- FEES:**
- FULL FREE ACCESS TO ALL AMENITIES
    - ACTIVE DUTY & DEPENDENTS, RESERVISTS & DEPENDENTS
    - RETIREE & DEPENDENTS, DOD CIVILIANS, RETIRED DOD CIVILIANS
  - PAID ACCESS - DOD CONTRACTORS & FAMILY, DISABLED VETERANS, GUESTS
    - FREE - AGES 6 & UNDER
    - \$4.00 - AGES 7 TO 15
    - \$7.00 - ADULTS 16+
    - \$40.00 - MONTHLY ACCESS PASS (DOD CONTRACTORS)
  - MONTHLY LOCKER RENTAL:
    - \$8.00 - SHORT LOCKER
    - \$10.00 - TALL LOCKER

### FITNESS TEAM

FITNESS MANAGER:

PAMELA GAWAD-TATE

PAMELA.G.GAWAD-TATE.NAF@US.NAVY.MIL

FITNESS SPECIALIST:

JAZ'MON WILLIAMS

JAZMON.J.WILLIAMS.NAF@US.NAVY.MIL

FITNESS SPECIALIST:

OXANA BALAKINA

OXANA.BALAKINA.NAF@US.NAVY.MIL

