



GROUP FITNESS SCHEDULE/ April-June 2021

SEISMOS FITNESS CENTER

HOURS OF OPERATION

M-F 0530-2000

SAT 0900-1700

SUN 1000-1700

POOL HOURS

MON-F 0600-1230

MON-F 1430-1900

SAT CLOSED

SUN CLOSED

HOLIDAYS

1000-1700

Phone 425-304-3336

Pool 425-304-3388

www.navylifepnw.com

everett.fitness@navylifepnw.com

.com

UPCOMING FITNESS

EVENTS

April

Iron Goat

SAPR Color Run

Princess & Pirates

May

Health Fair

June

Spring Command

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					0630-0730 PRT PREP (Brittney)	
	1200-1300 BOOTCAMP (Ruth)	1200-1300 Core Assault (Ruth)	1200-1300 SPIN (Mike)	1200-1300 BOOTCAMP (Ruth)	1200-1300 Re-Boot (Brittney)	
	1630-1730 BARRE (Brittney)					

COMMAND PT CLASSES OFFERED BY REQUEST 425-304-3922

CLASS DESCRIPTIONS:

BOOTCAMP (Monday/ Thursday 1200/1530)

It's back to BOOTCAMP for all of you! Shred a few pounds of blood, sweat and tears as your instructor puts you through an awesome 50 minute full body workout. Push, Pull and Carry your way to reaching higher performance. This class will guarantee a PRT score to be proud of. *be prepared for outdoor sessions when suitable*

BARRE (Wednesday 0630-0730)

BARRE Fitness is a hybrid workout class combining elements of Ballet, Pilates, Dance, Yoga and Strength Training. Challenging and adaptable for all.

Spin (Wednesday 1200-1300)

Based on the latest research by Schwinn this one-hour class is based on authentic cycling principles. All elements of the class are rooted in the approach and science of real outdoor cycling. Improve your cardio endurance while engaging in a fun group dynamic. All levels of fitness from the beginner to the expert will see results

PRT PREP (Friday 0630-0730)

Don't let the PRT sneak up on you. Work with one of our Fitness Specialist to help you address your individual needs to increase your PRT scores and overall fitness performance. Make your command proud by coming back from this pandemic strong!

Core Assault (Tuesday 1200-1300)

Get in for a quick and dirty 30 minute Core Crushing good time! Get rid of that spare tire and get ready to shred your mid-section. Science continues to prove Core Exercises improve all-over strength, increased productivity, over-all wellness and decreased injury's. Get in here and CRUSH your fitness goals!

Re-Boot (Tuesday 1230-1300) A full body recovery session to help speed recovery, decrease toxins and increase flexibility.