



## GROUP FITNESS SCHEDULE/ October-December 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		0600-0700 Cycling  (Tara)				
	0700-0800 FEP  (Jaz)		0700-0800 FEP  (Kimberly)		0700-0800 FEP  (Tara)	
	1130-1230 NOFFS Sandbag (Jaz)	1130-1230 NOFFS Strength (Jaz)	1130-1230 Hardcore 30 (Kimberly)	1130-1230 Yoga  (Tara)	1130-1230 Kettlebell Blast (Kimberly)	
			1400-1500 NOFFS Aquatics By Appt. Only  (Tara)			

### SEISMOS FITNESS CENTER

#### HOURS OF OPERATION

M-F 0530-2030

SAT 0900-1700

SUN 1000-1700

#### POOL HOURS

MON-F 0600-1700

SAT CLOSED

SUN CLOSED

#### HOLIDAYS

1000-1700

Phone 425-304-3336

Pool 425-304-3388

[www.navalifepnw.com](http://www.navalifepnw.com)

[everett.fitness@navylifepnw.com](mailto:everett.fitness@navylifepnw.com)

.com

### UPCOMING FITNESS

#### EVENTS

**October**

**Fitness Pump, Peel and  
Party**

COMMAND PT CLASSES OFFERED BY REQUEST 425-304-3922

## **CLASS DESCRIPTIONS:**

### **NOFFS Sandbag (Monday 1130-1230)**

This NOFFS Sandbag class will provide you with a training plan that you can use in environments with limited equipment options. This class will help improve your strength and power, enhance your work capacity, improve your movement and help reduce your risk for injury!

### **FEP (Monday/Wed/Fri @0700-0800)**

The Fitness Enhancement Program (FEP) is a command-wide program to improve fitness and PFA rates. Proper progressions are explained and used to meet and exceed individual and group goals.

### **Cycling (Tuesday 0600-0700)**

Get ready to experience an indoor road-relatable high-energy ride with both cardiovascular and strength training combined for MAJOR caloric expenditure. Tackle hills, sprints, and distance challenges with options for every rider, all while listening to great music! Get that pre-workday mindset locked-in. Let's ride!

### **NOFFS Strength (Tuesday 1130-1230)**

This NOFFS Strength class will help you develop the strength you need to perform at your best! Come improve your cardiovascular fitness and increase your work capacity— that is, your ability to get more done in your workout and other activities.

### **HardCore 30 (Wednesday 1130-1230)**

HardCore 30 will build your core muscle groups all while improving your posture through exercises that strengthen your back and front. An increase in flexibility and stabilization will also come from taking this quick but effective class!

### **NOFFS Aquatics (Wednesday 1400-1500)**

Experience our “world class” performance training in the POOL! Using the strength and conditioning methodology through NOFFS performance and injury prevention strategies, we are taking our human performance foundations to the water for a low-impact workout. Experience performance inducing functional based movement through power, strength, speed and endurance. It's time to get back in the water!

### **Yoga (Thursday 1130-1230)**

Yoga offers many benefits for mind, body and spirit. Join us while we combine physical postures, breathing techniques, meditation and relaxation to promote mental and physical well-being.

### **Kettlebell Blast (Friday 1130-1230)**

Build aerobic endurance and muscular strength all in one workout! Kettlebells will add a variety to your workout routine and enhance how you view your interval training capabilities.