



## GROUP FITNESS SCHEDULE/ September-December 2022

### 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

**September**

2 Mile Run/Walk POW/

MIA

**October**

Zombie Bash

**November**

Burn the Bird

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	0700-0800 FEP (Tara)		0700-0800 FEP (Tara)		0700-0800 Power Hour (Kimberly)	
	1130-1230 Total Body Burn (Kimberly)	1130-1230 NOFFS (Tara)	1130-1230 Hardcore 30 (Kimberly)	1130-1230 Yoga (Tara)	1130-1230 Kettlebell Blast (Kimberly)	

COMMAND PT CLASSES OFFERED BY REQUEST 425-304-3922

## **CLASS DESCRIPTIONS:**

### **Total Body Burn (Monday 1130-1230)**

Shred a few pounds of blood, sweat and tears as your instructor puts you through an awesome full body workout. Push, Pull and Carry your way to reaching higher performance.

### **FEP (Monday/Wednesday 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.

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

Come test your NOFFS knowledge and skills! Variation's of NOFFS will be offered weekly to enhance your resiliency and operational performance. Gain more than just muscle... Knowledge is power!

### **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!

### **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.

### **Power Hour (Friday 0700-0800)**

This class targets every area with a full body workout while building strength and working on your cardiovascular endurance. Come sweat it out and make those muscles happy!

### **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.