



NAVAL STATION EVERETT

GROUP FITNESS CLASSES

AUGUST 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		
17:00 - 18:00		REPS & RANGE		SPIN	
COMMAND PT UPON REQUEST					

ANNOUNCEMENTS:

SEISMOS FITNESS CENTER 2ND FLOOR TEMPORARILY CLOSED
AUGUST 4TH - 6TH TO UPGRADE NEW FITNESS EQUIPMENT.

BASKETBALL COURT, RACQUETBALL COURTS, PRT ROOM, NOFFS
ZONE, LEG ROOM, GROUP FITNESS CLASSES, AND POOL WILL STILL
BE AVAILABLE.

NAVY MISSION NUTRITION
THURSDAY, AUG 20TH



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.

REPS & RANGE: HEART PUMPING, HIGH REP RESISTANCE BARBELL CLASS THAT BRIDGES THE GAP BETWEEN RESISTANCE AND CARDIO TRAINING. THIS WILL LEAVE YOU FEELING STRONG & FIT, SUITABLE FOR ALL LEVELS.

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

READY FORCE - FEP SWIM/WATER-BASED TRAINING. OFFICIAL COMMAND-LEVEL
WATER: 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.

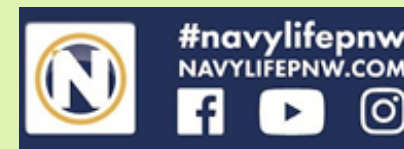
FITNESS TEAM

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

FITNESS SPECIALIST:
AMANDA PERRY
AMANDA.P.PERRY.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

FITNESS SPECIALIST:

AMANDA PERRY

AMANDA.P.PERRY.NAF@US.NAVY.MIL



#navylifepnw
NAVYLIFEPNW.COM

