



NSE GROUP FITNESS SCHEDULE

December 2025



www.navylifepnw.com

Gear Issue Desk 425-304-3336 | Fitness Trainers 425-304-3922 | Pool 425-304-3388

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1130-1230		Anatomy of a Lift (Jaz)	SPIN (Oxana)	Kettlebell & Row (Jaz)	Yoga (Oxana) No Class 12/25 & 1/1	Build & Burn (Pam)	
1430-1530		FEP (Jaz)		FEP (Jaz)			

8th to 12th of December: Jingle Bell Grind – Holiday Themed Class Workouts

Seismos Fitness Center MANNED Hours of Operation: Monday – Friday 0500-2000 Saturday & Sunday 0900-1630

See the Gear Issue Desk to sign up for Unmanned 24 HOUR ACCESS

Scan the QR Codes to sign up for the following available courses

Everett CFL Course

January 26th – 30th



Mission Nutrition

February 11th



NOFFS Operational

February 19th



Personal Training for Active Duty and Eligible patrons. Call for details and scheduling.

YOUTH/ADULT EQUIPMENT ORIENTATION available upon request.

500 & 1000lb club available upon request.

NSE Group Fitness Class Descriptions:

FEP (Monday/Wednesday 1430-1530)

The Fitness Enhancement Program (FEP) is a command-wide NAVY program to improve fitness for the PFA in accordance with OPNAVINST 6110.1K. Using the NOFFS principles, Sailors will develop their strength, endurance and mobility through a programmed series of progressions designed and supported for each individual where they are.

Anatomy of a Lift (Monday 1130-1230)

Hitting a plateau? Come learn a new take on strength and stability that will teach you how to create a solid base and crush your workouts through purposeful joint range of motion and muscular control while enhancing your endurance capabilities.

SPIN (Tuesday 1130-1230)

Get ready to experience an indoor road-relatable high-energy ride where science and technology 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!

Kettlebell & Row (Wednesday 1130-1230)

This high-energy, interval-based workout is designed to challenge you from start to finish. You'll master powerful kettlebell movements to build full-body strength, while the rowing machine intervals will push your endurance to the max. Whether you're looking to boost your power, increase your stamina, or just crush a great workout, this class will help you get there.

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.

Build and Burn (Friday 1130-1230)

Experience the thrill of high-intensity interval training (HIIT) as you push your limits and transform your body. Our dynamic workouts combine explosive bursts of energy with short recovery periods, maximizing calorie burn and building lean muscle. You will challenge your cardiovascular system, strengthen your core, and improve your overall fitness level.

Jaz – jazmon.j.williams.naf@us.navy.mil Pam – pamela.g.gawad-tate.naf@us.navy.mil Oxana – oxana.balakina.naf@us.navy.mil

For Command PT's call the trainer desk to schedule at 425-304-3922.

We strive to have your Command connected! Let us know if you're not getting these in your inbox and we'll add you to our distro.



TSUNAMI POOL

December 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 LAP SWIM 0900-1900 OPEN SWIM 1700-1900	2 LAP SWIM 0900-1900 SAR 0900-1200 OPEN SWIM 1700-1900	3 LAP SWIM 0900-1900 OPEN SWIM 1700-1900	4 LAP SWIM 0900-1900 SAR 0900-1200 OPEN SWIM 1700-1900	5 LAP SWIM 0900-1900 OPEN SWIM 1500-1900	6 LAP SWIM 0900-1300 OPEN SWIM 0900-1300
7 CLOSED	8 LAP SWIM 0900-1900 OPEN SWIM 1700-1900	9 LAP SWIM 0900-1900 SAR 0900-1200 OPEN SWIM 1700-1900	10 LAP SWIM 0900-1900 OPEN SWIM 1700-1900	11 LAP SWIM 0900-1900 SAR 0900-1200 OPEN SWIM 1700-1900	12 LAP SWIM 0900-1600 Coast Guard 1000 - 1600 NO OPEN SWIM	13 LAP SWIM 0900-1300 Coast Guard 0800 - 1600 NO OPEN SWIM
14 CLOSED	15 LAP SWIM 0900-1900 OPEN SWIM 1700-1900	16 LAP SWIM 0900-1900 SAR 0900-1200 OPEN SWIM 1700-1900	17 LAP SWIM 0900-1900 OPEN SWIM 1700-1900	18 LAP SWIM 0900-1900 SAR 0900-1200 OPEN SWIM 1700-1900	19 LAP SWIM 0900-1900 OPEN SWIM 1500-1900 Pool Movie 1800!	20 LAP SWIM 0900-1300 OPEN SWIM 0900-1300
21 CLOSED	22 LAP SWIM 0900-1900 OPEN SWIM 1700-1900	23 LAP SWIM 0900-1900 SAR 0900-1200 OPEN SWIM 1700-1900	24 LAP SWIM 0900-1300 OPEN SWIM 0900-1300	25 HOLIDAY	26 LAP SWIM 0900-1300 OPEN SWIM 0900-1300	27 LAP SWIM 0900-1300 OPEN SWIM 0900-1300
28 CLOSED	29 LAP SWIM 0900-1900 OPEN SWIM 1700-1900	30 LAP SWIM 0900-1900 SAR 0900-1200 OPEN SWIM 1700-1900	31 LAP SWIM 0900-1300 OPEN SWIM 0900-1300	<u>JANUARY 1</u> HOLIDAY	<u>JANUARY 2</u> LAP SWIM 0900-1300 OPEN SWIM 0900-1300	<u>JANUARY 3</u> LAP SWIM 0900-1300 OPEN SWIM 0900-1300

To make a Command reservation please contact the Aquatics Manager at (425) 304-3388. **OPEN SWIM IS BACK!!! Families welcome!!!**