NAVAL STATION EVERETT

NOVEMBER 2026

GROUP FITNESS CLASSES

MON:	11:30	REPS & RANGE	14:30	READY FORCE - LAND
TUE:	11:30	SPIN	17:00	ANATOMY OF A LIFT
WED:	11:30	KETTLEBELL & ROW	14:30	READY FORCE - WATER
THU:	11:30	HIIT & CORE	17:00	INNER ATHLETE
FRI:	11:30	YOGA		

NO CLASS

11/11 - HOLIDAY | 11/18 - READY FORCE - WATER | 11/26 - HOLIDAY

COMMAND PT AVAILABLE UPON REQUEST

FITNESS EVENT SURVEY

YOUR FEEDBACK MATTERS! PLEASE COMPLETE OUR 2-MINUTE SURVEY

11/18 : BURN THE BIRD 5K

REGISTER HERE:

11/5: MISSION NUTRITION

REGISTER HERE:

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

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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 REISTANCE BARBELL CLASS THAT BRIDGES THE GAP BETWEEN RESISTANCE AND CARDIO TRAINING. THIS WILL LEAVE YOU FEELING STRONG & FIT, SUITABLE FOR ALL LEVELS.

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

READY FORCE - WATER:: FEP SWIM/WATER-BASED TRAINING. OFFICIAL COMMAND-LEVEL FEP TRAINING FOCUSED ON DEVELOPING WATER CONFIDENCE, SWIM PROFICIENCY, AND AQUATIC ENDURANCE, COMPLIANT WITH NOFFS & NAVY READINESS STANDARDS.

HIIT & CORE: 2 IN 1 WORKOUT! IGNITE YOUR CALORIE BURN W/ 30 MIN OF CARDIO BOOSTING HIIT & FINISH W/ 30 MIN OF DEEP ABDOMINAL STRENGTHENING PILATES. PERFECT FOR ALL LEVELS. MODIFICATIONS AVAILABLE!

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

FIITNESS SPECIALIST:
OXANA BALAKINA
OXANA.BALAKINA.NAF@US.NAVY.MIL

FIITNESS SPECIALIST:
AMANDA PERRY
AMANDA.P.PERRY.NAF@US.NAVY.MIL

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COURSES, SCHEDULING & FEES

SHORT COURSE

NOFFS OPERATIONAL SHORT COURSE: A ONE-DAY COURSE OPEN TO ACTIVE-DUTY MEMBERS AND/OR CFL/ACFLS WANTING A BETTER UNDERSTANDING OF NAVY OPERATIONAL FITNESS & FUELING SYSTEM, PROGRAM DESIGN, AND PROPER PROGRESSION FOR THE COMMAND.

NAVY MISSION NUTRITION: A ONE-DAY COURSE OPEN TO ACTIVE DUTY AND ALL PATRONS 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 ORIENTATION: SCHEDULE A FITNESS ORIENTATION WITH A SPECIALIST FOR 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 TRAINIG ACTIVE DUTY: FREE TO ALL ACTIVE-DUTY PERSONNEL FOR A TOTAL OF SIX (6) SESSIONS.

PERSONAL TRAINIG NON-ACTIVE DUTY: PAYMENT MUST BE MADE AT GEAR ISSUE PRIOR TO SESSIONS:

- $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

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