



GROUP FITNESS SCHEDULE/ June-September 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

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.com

UPCOMING FITNESS

EVENTS

August

Snoqualmie Falls 5k

September

Hood Canal Bridge 10k

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		0700-0800 FEP (Tara)		0700-0800 FEP (Tara)		
		1130-1230 NOFFS (Tara)		1130-1230 Yoga (Tara)	1130-1230 Kettlebell Blast (Kimberly)	
	1500-1600 Strength & Conditioning (Kimberly)		1500-1600 Curves Ahead (Gabbie)			
			1700-1730 HardCore 30 (Kimberly)			

COMMAND PT CLASSES OFFERED BY REQUEST 425-304-3922

CLASS DESCRIPTIONS:

Strength & Conditioning (Monday 1500-1600)

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 (Tuesday/Thursday 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!

Curves Ahead (Wednesday 1500-1600) Ready for high-energy workouts that burn TONS of calories and improves your dancing skills?! Come shake it with us as we take you through fun filled dance routines. You wont even know it's a workout!

HardCore 30 (Wednesday 1700-1730)

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.

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.