



NSE GROUP FITNESS SCHEDULE

July 2025

www.navylifepnw.com

Gear Issue Desk 425-304-3336

Fitness Trainers 425-304-3922

Pool 425-304-3388



Navy Operational Fitness
and Fueling System
(NOFFS)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1130-1230		Anatomy of a Lift (Jaz) Except July 14 th	SPIN (Oxana)	Total Body HIIT (Pam) Except July 30 th	Yoga (Oxana) Except July 3 rd	Build & Burn (Pam) Except July 4 th & August 1 st	
1430-1530		FEP (Jaz)		FEP (Jaz)	FEP (Pam) Except July 31 st		

COMMAND PT CLASSES OFFERED BY REQUEST @ 425-304-3922

Seismos Fitness Center MANNED Hours of Operation: Monday – Friday 0500-2100 Saturday & Sunday 0900-1700

See the front Desk to sign up for Unmanned 24 HOUR ACCESS

Pool Hours of Operation: PLEASE CALL FOR UPDATES ***

Everett CFL Course – July 28-Aug 1 Sign up via CANTRAC # S-562-0612 UIC 68967

Personal Training for Active Duty and Eligible patrons. Call for details and scheduling: 425-304-3922

YOUTH/ADULT EQUIPMENT ORIENTATION available upon request.

500 & 1000lb club available upon request.



NSE Group Fitness Class Descriptions:

FEP (Monday/Wednesday/Friday 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!

Total Body HIIT (Wednesday 1130-1230)

This class is designed to build your cardiovascular fitness while improving your muscular strength and endurance. Come push your limits and walk away feeling strong.

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.