



NAVAL STATION EVERETT

GROUP FITNESS CLASSES

JANUARY 2026

TIME	MON	TUE	WED	THU	FRI
11:00 - 12:00					NSE OPS : COMMAND PT RESUMES 1/16
11:30 - 12:00	ANATOMY OF A LIFT	SPIN	KETTLEBELL & ROW	YOGA	BUILD & BURN 1/9 - TSUNAMI FLEX
14:30 - 15:30	READY FORCE - LAND		READY FORCE - WATER 1/21 - NRC : COMMAND PT		
COMMAND PT UPON REQUEST					

IMPORTANT INFO:

HOLIDAY 1ST & 19TH
NO CLASSES

NO SPIN CLASS - 6TH & 13TH
NO YOGA CLASS - 8TH & 15TH

THIS IS A PERFECT TIME TO COMPLETE
JAN-YOU-ARY BINGO SQUARES!

CFL WEEK

ALL CFL COURSES FOR JANUARY AND
FEBRUARY HAVE BEEN CANCELLED DUE TO
CURRENT OPNAV N17 REVISIONS. CLASSES
ARE EXPECTED TO RESUME MARCH 2026.

JAN-YOU-ARY
BINGO CHALLENGE



MISSION NUTRITION
FEBRUARY 11



NOFFS OPERATIONAL
FEBRUARY 19



GEAR ISSUE: 425-304-3336

FITNESS: 425-304-3922

POOL: 425-304-3388

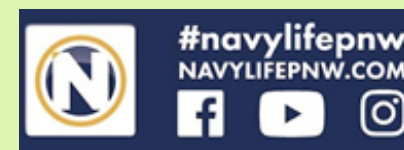
INTRAMURAL: 425-304-3215

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.
- BUILD & BURN:** TRANSFORM YOUR BODY. HIGH-INTENSITY CIRCUIT TRAINING DESIGNED TO MAXIMIZE CALORIE BURN AND BUILD LEAN MUSCLE SIMULTANEOUSLY. PUSH YOUR LIMITS WITH EXPLOSIVE ENERGY AND SHORT RECOVERY PERIODS.

- 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.
- 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.
- TSUNAMI FLEX (PILOT CLASS):** WE'RE TESTING OUT THE WATERS ON **JANUARY 9TH** 30 MINUTE DEEP-WATER CONDITIONING. HARNESS THE POWER OF WATER RESISTANCE TO BUILD FUNCTIONAL STRENGTH AND ENDURANCE. A WORKOUT UTILIZING NOFFS PRINCIPLES FOR TOTAL-BODY CONDITIONING, RECOVERY, AND CORE STABILITY.

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





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 - PER 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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