



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



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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 - MISSION-READY FITNESS. OFFICIAL COMMAND-LEVEL FEP

LAND: TRAINING COMPLIANT WITH OPNAVINST 6110.1K. DEVELOP STRENGTH, ENDURANCE, AND MOBILITY THROUGH PROGRESSIVE NOFFS-BASED TRAINING.

READY FORCE - FEP SWIM/WATER-BASED TRAINING. OFFICIAL COMMAND-LEVEL

WATER: 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 WE'RE TESTING OUT THE WATERS ON **JANUARY 9TH**

(PILOT CLASS): 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





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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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