



GROUP FITNESS SCHEDULE/ July-September 2023

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

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.com

UPCOMING FITNESS

EVENTS

July

Freedom Warrior

Course

August

Summer Fest Color Run

September

POW/MIA

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		0600-0700 Cycling (Tara)				
	0700-0800 FEP (Jaz)				0700-0800 FEP (Tara)	
	1130-1230 Total Body Conditioning (Jaz)	1130-1230 FEP (Jaz)	1130-1230 Hardcore 30 (Kimberly)	1130-1230 Yoga (Tara)	1130-1230 Kettlebell Blast (Kimberly)	
			1230-1330 NOFFS Aquatics (Tara)			
		1500-1600 Strength & Burn (Jaz)		1500-1600 NOFFS Operational (Kimberly)		

COMMAND PT CLASSES OFFERED BY REQUEST 425-304-3922

CLASS DESCRIPTIONS:

Total Body Conditioning (Monday 1130-1230)

Box N' Burn combines both boxing and kickboxing with a HIIT style cardio. This class helps build stamina, improve coordination and flexibility while burning tons of calories!

FEP (Monday/Friday @ 0700-0800/Tue@1130-1230)

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.

Cycling (Tuesday 0600-0700)

Get ready to experience an indoor road-relatable high-energy ride 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! Get that pre-workday mindset locked-in. Let's ride!

Strength & Burn (Tuesday 1500-1600)

Build strength while getting a nice burn. You will get that refreshing boost of endorphins to finish your day off right! Build that power and feel the burn!

HardCore 30 (Wednesday 1130-1230)

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!

NOFFS Aquatics (Wednesday 1230-1330)

Experience our "world class" performance training in the POOL! Using the strength and conditioning methodology through NOFFS performance and injury prevention strategies, we are taking our human performance foundations to the water for a low-impact workout. Experience performance inducing functional based movement through power, strength, speed and endurance. It's time to get back in the water!

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.

NOFFS Operational (Thursday 1500-1600)

Come test your strength and stamina through your everyday operational duties: lifting, pushing, pulling and carrying. This class will help improve your operational performance and also target injury prevention. Ready to burn some calories?

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.