



NSE GROUP FITNESS SCHEDULE

January 2025



Navy Operational Fitness
and Fueling System
(NOFFS)



www.navylifepnw.com

Gear Issue Desk 425-304-3336

Fitness Trainers 425-304-3922

Pool 425-304-3388



***January 1st CLOSED - HAPPY NEW YEAR!**

***January 9th CLOSED - Presidential Day of Mourning**

***January 20th CLOSED - MLK Jr. Day**

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1130-1230		Building a Base (Jaz)	Anatomy of a Lift (Jaz)	Total Body HIIT (Pam)	Yoga (Tara) No Class 1/30	Build & Burn (Pam)	
1430-1530			FEP (Jaz)	Mobility Mix (Pam)	FEP (Jaz)		

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

Seismos Fitness Center MANNED Hours of Operation: Monday – Friday 0500-2100 Saturday & Sunday 0600-2100

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

Pool Hours of Operation: Estimated Opening Date February 3rd

Everett CFL Course – January 27th – 31st 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/Tuesday/Thursday 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.

Building a Base (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.

Anatomy of a Lift (Tuesday 1130-1230)

Join us in developing a solid proprioception of how each lift affects the body's sense of movement, action, and location. Enhancing your mind-muscle connection will help you focus on the feeling of every rep recruiting the exact muscles necessary for deliberate muscular contractions so you never waste a workout!

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.

Mobility Mix (Wednesday 1430-1530)

Our mobility class focuses on increasing joint range of motion, reducing muscle tension, and enhancing overall body awareness. Through a series of slow, controlled movements, you will improve your flexibility, posture, and recovery time.

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