



GROUP FITNESS SCHEDULE/ April-July 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

www.navylifepnw.com

everett.fitness@navylifepnw.com

.com

UPCOMING FITNESS

EVENTS

April

NOFFS Games

May

Health Fair

June

Skookum

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	0700-0800 FEP (Jaz)		0700-0800 FEP (Tara)		0700-0800 FEP (Tara)	
	1130-1230 Total Body Conditioning (Jaz)	1130-1230 NOFFS Strength (Tara)	1130-1230 Hardcore 30 (Kimberly)	1130-1230 Yoga (Tara)	1130-1230 Kettlebell Blast (Kimberly)	
	1630-1730 Box N' Burn (Tara)			1630-1730 Strength &Burn (Jaz)		

COMMAND PT CLASSES OFFERED BY REQUEST 425-304-3922

CLASS DESCRIPTIONS:

Box N' Burn (Monday 1630-1730)

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/Wednesday/Friday 0700-0800)

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.

Total Body Conditioning (Monday 1130-1230)

Come build your endurance and stamina with a full body workout to prepare your body for summer and PRT season. Focus on stability and proper form while getting a good sweat.

NOFFS Strength (Tuesday 1130-1230)

Develop the strength you need to perform at your best. Build muscle, get strong, get powerful!

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!

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.

Strength & Burn (Thursday 1630-1730)

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!

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.