



NAVAL STATION EVERETT

OCTOBER 2026

GROUP FITNESS CLASSES

MON: 11:30 ANATOMY OF A LIFT | 14:30 READY FORCE - LAND
TUE: 11:30 SPIN | 17:00 REPS & RANGE
WED: 11:30 KETTLEBELL & ROW | 14:30 READY FORCE - WATER
THU: 11:30 INNER ATHLETE | 17:00 SPIN
FRI: 11:30 YOGA

NO CLASS

10/6 & 10/13 - REPS & RANGE | 10/8 - SPIN (PM) | 10/12 - HOLIDAY

****COMMAND PT AVAILABLE UPON REQUEST****



FITNESS EVENT SURVEY

YOUR FEEDBACK MATTERS! PLEASE
COMPLETE OUR 2-MINUTE SURVEY



10/19-10/23 : CFL WEEK

NOMINATED CFLS REGISTER HERE:



11/5: MISSION NUTRITION

REGISTER HERE:



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.

INNER ATHLETE: TRAIN LIKE AN ATHLETE FOCUSED ON EXPLOSIVE POWER, LIGHTNING-FAST AGILITY, AND SHARP REACTIVITY, PERFECT FOR INTERMEDIATE FITNESS LEVELS LOOKING TO BREAK THROUGH PLATEAUS AND IMPROVE TOTAL-BODY COORDINATION AND SPEED.

REPS & RANGE: HEART PUMPING, HIGH REP RESISTANCE BARBELL CLASS THAT BRIDGES THE GAP BETWEEN RESISTANCE AND CARDIO TRAINING. THIS WILL LEAVE YOU FEELING STRONG & FIT, SUITABLE FOR ALL LEVELS.

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.

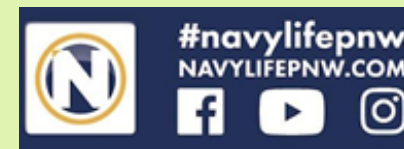
FITNESS TEAM

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

FITNESS SPECIALIST:
AMANDA PERRY
AMANDA.P.PERRY.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 - ONE (1) 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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FITNESS SPECIALIST:

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