



# JOHN H. CHAFEE FITNESS CENTER

## GROUP FITNESS SCHEDULE FOR JANUARY 2 - FEBRUARY 10

NO CLASSES ON FEDERAL HOLIDAYS • SUBJECT TO CHANGE • (401) 841-2512

NavyLifeNPT.com | NavyLifeNPT



### GROUP FITNESS DAILY FEES:

Free for active duty personnel, retirees, reservists, and their dependents;  
\$5 for DoD civilians.

### GROUP FITNESS PUNCH CARDS:

\$135 card for 30 punches for DoD civilians.

**CONTRACTORS, RETIRED DOD CIVILIANS, & VETERANS ARE NOT ELIGIBLE TO USE THE POOL OR THE FITNESS CENTER.**

**\*\*Active duty personnel, retirees, reservists, and their dependents may sponsor civilian guests for \$5 each. DoD civilians may only sponsor their immediate family members for \$5 each.**

	MON	TUE	WED	THU	FRI	SAT	SUN
6 to 6:45 a.m.	NOFFS COMBO ROW <i>Pat</i>		YOGA JAN-MAR <i>Rochele</i>				
9 to 9:45 a.m.		WATER FITNESS <i>Deb/Cathleen</i>					
9:15 to 10 a.m.		KICKBOXING <i>Fish</i>	TOTAL BODY <i>Fish</i>	ZUMBA <i>Lisa</i>		ZUMBA® 9:15 to 10:15 a.m. <i>Angel</i>	
10:15 to 11 a.m.	YIN YOGA <i>Dani</i>		DEEP TISSUE RELEASE 10:15 to 11:15 a.m. <i>Vicki</i>		FLEX FUSION <i>Dani</i>		POP-UP YOGA 10:30 to 11:30 a.m. JAN 12, 19, 26 FEB 2, 9, 16 MAR 2, 9, 16 <i>Dani</i>
11:15 to 12 p.m.	CORE & MORE 11:15 a.m. to 12:15 p.m. <i>Vicki</i>						
4:30 to 5:30 p.m.		CYCLE & CORE <i>Deb</i>	VINYASA YOGA 4:30 to 5:15 p.m. <i>Sofia</i>	BOOTCAMP <i>James</i>			
5 to 6 p.m.					YOGA <i>E'loise</i>		
5:30 to 6:30 p.m.	LES MILLS BODYPUMP™ 5:30 to 6:15 p.m. (JAN 2-FEB 3) <i>Bethany</i>		ZUMBA® <i>Lisa S-4</i>				
CLASS LOCATION	GROUP FITNESS ROOM	NOFFS ZONE	WATER FITNESS	CYCLE ROOM			

**ALL INSTRUCTORS ARE CERTIFIED TO TEACH CLASSES. ALL FITNESS LEVELS WELCOME AND ALL WORKOUTS ARE MODIFIABLE.**

**BOOTCAMP** - A high-intensity workout are designed to challenge your strength, endurance, and agility in a fun and supportive group setting. With a mix of cardio drills, strength exercises, and functional movements.

**CORE & MORE** - This class is designed to strengthen your core and boost your endurance while improving balance and stability.

**CYCLE & CORE** - This class combines cardio and core strength! Start with cycling intervals simulating hills, sprints, and flat roads to boost your heart rate and burn calories. We will come off the bike and work your core - abs, obliques, and back - finishing with stretches to cool down and improve flexibility.

**DEEP TISSUE RELEASE** - Improve mobility by targeting fascia tissue. This class uses slow, sustained pressure with a roller to stretch the skin and fascia underneath, freeing fluid within the tissue layers. Release tension, massage away tight knots, and enhance flexibility and circulation for a more relaxed and mobile body.

**FLEX FUSION** - This class focuses on major muscle groups for a deep stretching experience. Each class varies, making this the ideal addition to your workout routine whether it's HIIT, running or weight lifting. Flex Fusion will aid muscle recovery and growth by enhancing flexibility.

**KICKBOXING** - This class features basic punching and kicking combinations, using body weight. You will get a total body workout that helps improve strength and endurance. Come prepared to work!

**LES MILLS BODYPUMP™** - This workout challenges all your major muscle groups by using the best weightlifting exercises like squats, presses, lifts and curls. Great music, awesome instructors and your choice of weight inspire you to get the results you came for – and fast! Let's not forget about burning up to 560 calories per class.

**NOFFS COMBO ROW** - This is a total body workout featuring the Concept 2 Rower along with NOFFS-style pillar movement preparation warm up and strength exercises. Class utilizes kettlebells,

dumbbells, and medicine balls. Be prepared to work! Maximum of eight participants per class.

**POP-UP YOGA** - Experience the benefits of yoga! These classes are designed to introduce the fundamentals of yoga while helping you reach your yoga goals.

**TOTAL BODY** - A full body workout that develops cardiovascular fitness, muscular strength, and endurance. Workout includes plyometrics, obstacles and intervals.

**VINYASA YOGA** - Is a dynamic and flowing style of yoga that links breath with movement. It focuses on building strength, flexibility, and mindfulness through a sequence of poses that transition seamlessly, creating a moving meditation. Perfect for all levels!

**WATER FITNESS** - Dive into a full-body workout that combines endurance, strength, and low-impact movements. Using a variety of equipment like water weights and noodles, this class builds muscle, boosts cardiovascular health, and improves flexibility—all while being easy on your joints. Perfect for all fitness levels!

**YIN YOGA** - This all-level, slow-paced, meditative-style class focuses on passive stretching of muscles and connective tissues through the holding of poses. Poses are often performed on the floor with props, such as blocks, to help maintain the pose. Yin yoga poses apply gentle pressure to the connective tissues to increase flexibility, circulation, and relaxation.

**YOGA** - This all-level class combines traditional yoga poses with dynamic, flowing movements. Classes begin with a warm-up, followed by challenging standing and balancing poses. Class ends with a cool-down which brings you to a state of total relaxation. Yoga enhances physical flexibility, strength, and balance. Beyond the physical benefits, yoga reduces stress and anxiety while promoting mindfulness and self-awareness.

**ZUMBA®** - You'll feel like you are at the Party! Easy to follow Latin inspired calorie burning workout. Fun and health benefits - a WIN, WIN!