



NSE GROUP FITNESS SCHEDULE



October 2024

www.navylifepnw.com

Gear Issue Desk 425-304-3336

Fitness Trainers 425-304-3922

Pool 425-304-3388



Navy Operational Fitness
and Fueling System
(NOFFS)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1130-1230		Building a Base (Jaz)	Anatomy of a Lift (Jaz)	Total Body HIIT (Kimberly) No Class on 23 rd	Yoga (Tara) No Class on 10 th & 24 th	Kettle & Row (Kimberly) No Class on 25 th	
1430-1530			FEP (Jaz)		FEP (Kimberly) No Class on 24 th		
1630-1730					Suspension Training (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 Unstaffed 24 HOUR ACCESS

Pool Hours of Operation: **CLOSED FOR REPAIRS until Further Notice**

Everett CFL Course – October 21st-25th 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.

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.

Suspension Training (Thursday 1630-1730)

This class offers a new piece to the equation in your work out journey! Suspension training is a simple yet ingenious way to make the most of confined and/or tight spaces. Targeting major muscle groups while recruiting balance and stability from smaller muscle groups. This class is sure to challenge all participants from novice to seasoned athlete.

Kettle & Row (Friday 1130-1230)

Come build your cardio endurance with rowing intervals and build your muscular strength with kettlebell movements. This total body workout will leave your muscles feeling strong!

Kimberly – kimberly.a.stiewig.naf@us.navy.mil Jaz – jazmon.j.williams@navy.mil