



NAS WHIDBEY ISLAND • FITNESS CENTER

GROUP FITNESS CLASSES

April 2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 a.m.		Bootcamp	Kettlebell & Core	Pedal & Pump	Body Blast	
7:00 a.m.	*NOFFS/FEP		*NOFFS/FEP		*NOFFS/FEP	
10:00 a.m.						
11:00 a.m.	Functional Fit	Group Strength	TRX®	HIIT	Yoga	
3:00 p.m.	*NOFFS/FEP	HIIT (starts at 3:15pm)	*NOFFS/FEP	Butts and Guts (starts at 3:30pm)	*NOFFS/FEP	
4:30 p.m.			Pedal & Pump			
5:00 p.m.		Yoga		Kickboxing Canceled April 10		
5:30 p.m.	MixedFit©		MixedFit©			

Kickboxing is cancelled on April 10.

CFL Course (AD only) - Info at www.navyfitness.org/fitness/cfl-information/cfl-course-application-and-registration

NOFFS Operational - April 22- 7 a.m. to 3 p.m. Sign up at front desk.

YOUTH/ADULT EQUIPMENT ORIENTATION available upon request NASWI_MWR_Fitness1@us.navy.mil

500/1000 lb. club available upon request NASWI_MWR_Fitness1@us.navy.mil



SCAN FOR DETAILS



SATISFACTION SURVEY



OPEN 24 HOURS!

MANNED HOURS: MON-FRI 5 A.M.—9 P.M.

SAT/SUN 5 A.M.—8 P.M.

UNMANNED HOURS: 8/9 P.M.—5 A.M &

ALL HOLIDAYS



navylifepnw.com



@WhidbeyFFR

NASWI'S GROUP FITNESS - OFFERS ALL COMPONENTS OF FITNESS

Class Fees: FREE to active duty/reservists, retirees and their family members! DoD civilians: \$3.50 per class; \$5.50 user fee for DoD Contractor per class; \$3.50 for ages 7 – 15 years.

Fitness Center Entry Fees: FREE to active duty/reservists, retirees and their family members & DOD Civilians! Adult guests are \$5.50 daily/7-15 years old are \$3.50 daily/ 6 & under are FREE.

***NASWI'S MWR FEP PROGRAM:** The focus of the classes with asterisks are to help prepare the Active Duty Sailor to pass, improve or excel in all the aspects of the PFA – Strength, Cardio and Flexibility. These classes will use NOFFS concepts to develop a workout program for the Sailors who attend. Our instructors plan serious workouts that must follow all aspects of the OPNAVINST 6110.1K.

“FUSION”

Body Blast: A combination of strength and core conditioning, supporting every day demands of real life activities, within a circuit workout routine.

Bootcamp: This workout will surely get the sweat pouring! Definition of bootcamp in the dictionary is “a short, intensive, and rigorous course of training.” Be ready for a cardio and strength challenge!

Functional Fit This class is a total-body program that incorporates strength training, cardio, and core work using the ViPR Pro equipment and other modalities.

HIIT: High Intensity Interval Training. This class is a total-body program that incorporates strength training, cardio, and core work. It challenges your entire body with timed high intensity intervals and short duration exercises.

Kickboxing: Workout with a power and punch! This is an energetic group exercise class that stimulates the body and mind to function at its best. Jab, Hook, Uppercut, Kick combos & more – major high energy with rockin’ tunes! We draw from other martial arts disciplines including use of boxing gloves, bags, drills, jump ropes, & circuits .

NOFFS (Navy Operation Fitness and Fueling Series)/FEP: Using the latest sports science methodologies the logic engine for NOFFS combines both human performance and injury prevention strategies, resulting in safer training while yielding positive human performance outcomes.

Pedal & Pump: A high-energy full body workout that includes interval training of both cycle and strength exercises, guaranteed to leave you sweaty and strong! 30 minutes of indoor cycling and 30 minutes of strength moves utilizing TRX or other weights.

Butts & Guts: This class will challenge your glutes and core using various modalities. A great workout to do!

MixedFit®: A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

“FLEXIBILITY”

Yoga: Whether you’re in the mood for relaxation or wanting to advance further, this class will ease your body into its youthful state of flexibility while increasing lower body and core strength, balance and flexibility.

“STRENGTH”

Group Strength: Be ready to fatigue all your muscles (upper & lower body) for stronger more sculpted muscles while at the same time receiving cardiovascular benefits. This is a low impact class but you will surely break a sweat!

Kettlebell & Core: This 30-minute class uses kettlebells and core work to give you a short, yet effective workout. You definitely have time for this class!

TRX® : Born in the Navy SEALs, Suspension Training bodyweight exercise develops strength, balance, flexibility and core stability simultaneously. A great full body workout for ALL levels!

500/1000 lb Club: Here is your opportunity to show how much you can squat, deadlift and bench press. Totals must add up to 500 for women or 1000 lbs for men or women. Done in the NOFFS Zone. Sign up via email.