



# NSE GROUP FITNESS SCHEDULE



August 2024

[www.navylifepnw.com](http://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
0600-0645			<b>Cycling (Tara)</b>				
0700-0800		<b>FEP (Kimberly)</b> NO Class 26 <sup>th</sup>		<b>FEP (CFL Covered)</b>		<b>FEP (CFL Covered)</b>	
1130-1230		<b>Building a Base (Jaz)</b> NO Class 19 <sup>th</sup>	<b>Anatomy of a Lift (Jaz)</b>	<b>Total Body HIIT (Kimberly)</b> No Class on 21 <sup>st</sup>	<b>Yoga (Tara)</b> No Class on 22 <sup>nd</sup>	<b>Kettle &amp; Row (Kimberly)</b> No Class on 16 <sup>th</sup> & 23 <sup>rd</sup>	
1630-1730					<b>Suspension Training (Jaz)</b>		

## 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

Upcoming Events: August 17<sup>th</sup> Skookum-- September 5<sup>th</sup> POW/MIA Walk/Run

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/Wednesday/Friday @ 0700-0800)

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.

### Cycling (Tuesday 0600-0700)

Get ready to experience an indoor road-relatable high-energy ride with both cardiovascular and strength training combined for MAJOR caloric expenditure. Tackle hills, sprints, and distance challenges with options for every rider, all while listening to great music! Let's ride, and sing if you wish.

### 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.

### NOFFS Aquatics BY COMMAND REQUEST (Wednesday 1400-1500)

Experience our "world class" performance training in the POOL! Using the strength and conditioning methodology through NOFFS performance and injury prevention strategies, we are taking our human performance foundations to the water for a low-impact workout. You will perform functional based movement through power, strength, speed and endurance. It is time to get back in the water! **Call: 425-304-3922 to schedule**

### 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!

Email the trainers Tara – [tara.l.dotson.naf@us.navy.mil](mailto:tara.l.dotson.naf@us.navy.mil) Kimberly – [kimberly.a.stiewig.naf@us.navy.mil](mailto:kimberly.a.stiewig.naf@us.navy.mil) Jaz – [jazmon.j.williams@navy.mil](mailto:jazmon.j.williams@navy.mil)