NAVAL BASE POINT LOMA

GROUP EXERCISE CLASS SCHEDULE

Classes subject to change
No classes on Federal Holidays
www.navylifesw.com

Monday	Tuesday	Wednesday	Thursday	Friday
SUBASE				
SPIN 2 PILLAR 6:30 AM – 7:30 PM **TRX** 11:30 AM – 12:30 PM **YOGA** 12:45 – 1:45 PM	**FUNCTIONAL FITNESS** 11:30 AM – 12:30 PM **BOXING FITNESS** 4:15 pm – 5:15 pm	**SPIN 2 PILLAR** 11:30 AM – 12:30 PM	**TRX** 11:30 AM – 12:30 PM	
HARBOR DRIVE				
PILLAR 11:45 AM – 12:15 PM		**TRX** 12:00 PM – 1:00 PM	**HIIT** 12:00 PM – 1:00 PM	
YOGA (9:00 AM – 10:00 AM) AND REGENFIT (9:30 AM – 10:30 AM) ON ALTERNATING SATURDAYS				
THIRD FLEET				
THE PUMP 11:30 AM – 12:30 PM	**REGENFIT** 4:15 PM – 5:00 PM		**BULLETPROOF BASICS** 11:30 AM – 12:30 PM	

SUBASE FITNESS CENTER
Bldg. 1
619-553-7552

HARBOR DRIVE FITNESS CENTER
Bldg. 30
619-524-4833

THIRD FLEET FITNESS CENTER
Bldg. 69
619-553-8525

NAVAL BASE POINT LOMA

GROUP EXERCISE CLASS DESCRIPTIONS

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BOXING FITNESS: This boxing fitness class teaches the fundamentals of the sport, including proper hand wrapping, stance, footwork, and basic punches. The class features a structured workout with warm-ups, combination drills, and circuit training, no boxing experience is necessary. Class size limited, all equipment will be provided.

BULLETPROOF BASICS: A movement focused class designed to improve mobility, stability, and overall body alignment. Ideal for all fitness levels, especially those looking to move better and feel stronger.

FUNCTIONAL FITNESS: Functional Fitness emphasizes improvement of functional performance, including lifting, cardiovascular demands, balance, agility and coordination. The class combines cardio, strength, and mobility exercises rooted in NOFFS principles.

HIIT: High intensity interval training, involving short bursts of intense exercise alternated with periods of low intensity activity or rest.

PILLAR: A strong "pillar" from your core to your hips allows you to develop the supportive muscles to ease low back pain, improve functional motion, and more. This core focused class emphasizes strengthening the pillar as the foundation of functional ability.

REGENFIT: RegenFit is an active recovery class designed to improve mobility, posture, and functional strength through a blend of yoga-inspired flow, targeted strength circuits, and restorative stretching. Perfect for easing tight muscles and enhancing overall movement quality.

SPIN 2 PILLAR: Combined spin and core workout. The class consists of 45 minutes of cardio and 15 minutes of pillar (hips, shoulder, and torso stability) training.

THE PUMP: A high-intensity class training class focused on building muscle, increasing strength, and improving overall conditioning. Suitable for all levels, with scalable options to match your goals.

TRX: A total body functional strength class using TRX straps, body weight, and gravity as resistance to build strength, coordination, flexibility, and core strength.

YOGA: Yoga based stretching to help improve flexibility, strength, mental focus, and relieve stress.

*****AVAILABLE UPON REQUEST: 1-on-1 personal training, small group training, and MWR Fitness Specialist led Command PT or FEP.**
Contact Fitness Facilities for More Information