

# NAVAL BASE POINT LOMA

## GROUP EXERCISE CLASS SCHEDULE

Classes subject to change  
 No classes on Federal Holidays  
[www.navylifesw.com](http://www.navylifesw.com)



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

### SUBASE & HARBOR DRIVE

**Command PT – NOFFS**  
 6:00 AM – 8:00 AM

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 6:00 AM – 8:00 AM

**\*\*MWR led Command PT or space reservations available by request. See reverse for more detail. \*\***

### SUBASE

**TRX**  
 11:30 AM – 12:30 PM  
**YOGA**  
 12:45 – 1:45 PM

**SPIN 2 PILLAR**  
 11:30 AM – 12:30 PM

**FUNCTIONAL FITNESS**  
 11:30 AM – 12:30 PM

### HARBOR DRIVE

**PILLAR**  
 6:00 PM – 6:30 PM

**TRX**  
 12:00 PM – 1:00 PM

**HIIT**  
 12:00 PM – 1:00 PM

**YOGA AND ZUMBA ON SELECT SATURDAYS OF EACH MONTH 9:00 AM – 10:00 AM (YOGA @ AKC LAWN)**

### THIRD FLEET

**SPIN 2 PILLAR**  
 11:30 AM – 12:30 PM

**TRX**  
 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

Classes subject to change  
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**COMMAND PT:** Navy Operational Fitness and Fueling System (NOFFS) centric workout based on world-class science methodologies designed for Active-Duty Sailors. Stay in shape, meet physical readiness standards, and improve PRT scores. Book an MWR led session or reserve space by emailing [olivia.r.culbert.naf@us.navy.mil](mailto:olivia.r.culbert.naf@us.navy.mil).

**FUNCTIONAL FITNESS:** Functional Fitness emphasizes improvement of functional performance during daily life, including lifting, pushing, pulling, carrying, cardiovascular demands, body movement skills with balance, agility and coordination. The class combines cardio, strength, and mobility exercises rooted in NOFFS principles.

**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.

**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.

**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.

**REGEN:** Focusing on recovery through techniques that enhance core strength, mobility, and flexibility to promote overall well-being.

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

**\*\*\*AVAILABLE UPON REQUEST: 1-on-1 personal training, small group training, and MWR Fitness Specialist led Command PT or FEP.**  
Contact Fitness Program Manager, Olivia Culbert, for more information or to schedule | [olivia.r.culbert.naf@us.navy.mil](mailto:olivia.r.culbert.naf@us.navy.mil) | (619) 553-7553 |