

NAVAL BASE POINT LOMA

GROUP EXERCISE CLASS SCHEDULE

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



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|---|--------|
| SUBASE | | | | |
| TRX 11:30 AM – 12:30 PM | NOFFS WORKOUT 11:30 AM – 12:30 PM | NOFFS WORKOUT 11:30 AM – 12:30 PM YOGA 6:00 PM – 7:00 PM | KICKBOXING 12:00 PM – 1:00 PM *every other week | |
| HARBOR DRIVE | | | | |
| | PILLAR <i>*formerly known as CORE</i> 6:00 PM – 6:30 PM | TRX 12:00 PM – 1:00 PM | HIIT 12:00 PM – 1:00 PM YOGA 3:30 PM – 4:30 PM | |
| <i>YOGA ON SELECT SATURDAYS OF EACH MONTH 9:00 AM – 10:00 AM AKC LAWN</i> | | | | |
| THIRD FLEET | | | | |
| REGEN 11:30 AM – 12:30 PM | 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 | |

*****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 | FS: olivia.r.culbert.naf@us.navy.mil O: (619) 553-7553

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GROUP EXERCISE CLASS DESCRIPTIONS

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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.

NOFFS WORKOUT: NOFFS 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 pillar workout. The class consists of 45 minutes of cardio and 15 minutes of pillar (the pillar consists of shoulders, torso and hips) 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.

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