

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 & HARBOR DRIVE

Command PT – NOFFS
 6:00 AM – 8:00 AM

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 6:00 AM – 8:00 AM
***Harbor Drive ONLY*

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 6:00 AM – 8:00 AM

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Command PT – NOFFS
 6:00 AM – 8:00 AM

SUBASE

TRX
 11:30 AM – 12:30 PM

SPIN 2 PILLAR
 11:30 AM – 12:30 PM
YOGA
 6:00 PM – 7:00 PM

FUNCTIONAL FITNESS
 12:00 PM – 1:00 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
 3:30 PM – 4:30 PM

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

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

NAVAL BASE POINT LOMA

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.

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 | (619) 553-7553 |

