

# FITNESS CLASS SCHEDULE

## MONTEREY BAY ATHLETIC CLUB

FITNESS CENTER HOURS: Monday-Friday: 0530-2100 / Saturday 0800-1600 / Sunday 1100-1600

HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
06:30	Military-FEP CFL	Military PT 0530-0630	Military-FEP CFL		Military-FEP CFL
0900-0950	YOGA CLAUDIA		POWER YOGA CLAUDIA		
1000-1050		PiYo BETH		PiYo BETH	
1100-1150	MUSCULAR POWER FLEX MICHELE	ZUMBA KIM	MUSCULAR POWER FLEX MICHELE	ZUMBA KIM	MUSCULAR POWER FLEX MICHELE
1200-1250	SPIN CLAUDIA	SPIN CLAUDIA	SPIN CLAUDIA	SPIN BETH	SPIN BETH
1300-1500		Sustainment Jujitsu			
1630-1720	YOGA CLAUDIA	TONING SHARON		TONING SHARON	
1730-1820	SPIN DAN	YOGA CLAUDIA	SPIN DAN	YOGA CLAUDIA	
1830	JUDO RICHARD		JUDO RICHARD	ZUMBA SHARON	

### CLASS DESCRIPTIONS

**ZUMBA** – Join our energetic instructor in this hour long fusion of cardio, hip pop, Latin dance and aerobics.

**Power Yoga**– Enhance strength, flexibility, concentration and balance on your existing workout with proper stretching combinations.

**PIYO**- Increase strength, flexibility, concentration and balance our energetic instructor in this hour long fusion Pilates and Yoga.

**Toning**- Weight training that involves a full body workout.

**Muscular Power Flex** – Weight training to music that involves a full body workout.

**Spin** - This motivating indoor cycling class is designed to offer a non-impact, high intensity, cardio workout to all participants, from beginners to advanced riders. Each class includes music, a warm up, stretching and cool-down.

**Judo** - Strengthens your core muscles and improves your mobility and stability with various martial art movements.

**FEP- Military**-Fitness Enhancement Program. If you want to improve your PT score, then come and join us for a good workout with a certified CFL instructor.

**Yoga**- Yoga uses slow movements, strength, and stretching to increase flexibility and balance.

#### PRICES

ACTIVE / RESERVES / RETIRED /  
FAMILY MEMBERS OF ABOVE

**FREE**

CONTRACTORS/DoD Civ. FM /GUESTS

INCLUDE IN MEMBERSHIP FEE

RETIRED DoD/DoD CIV/ NAF/NEX

\$2 per class / \$15 p/month / \$150 p/yr

\*SEPARATE PRICING FOR JUDO

For more updated  
information about MWR  
events, visit our website  
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NAVY  
Fitness

