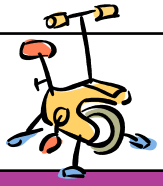
NCBC GULFPORT FITNESS CENTER-BLDG. 445

Hours of operation
MONDAY-FRIDAY 4:30 A.M.-9:00 P.M.
SAT/SUN/HOL 9:00 A.M.-5:00 P.M.

Group Fitness Class Schedule

For more information please call the Fitness Center at 228-871-2668.

FREE

	Monday	Tuesday	Wednesday	Thursday	Saturday
8 a.m.		Yoga Tammy		Yoga Tammy	
9 a.m.	Strength/ Cardio Lydia	Cycling Joan	Strength/ Cardio Lydia	Cycling Joan	
10 a.m.	Yoga Tammy		Yoga Tammy		Zumba Luana 10 a.m.
11 a.m.	Circuit Water Aerobics Lydia		Circuit Water Aerobics Lydia		
12 p.m.	Zumba Lydia	Cycling LUke	Zumba Lydia	Cycling Luke	
5 p.m.	Zumba Luana		Zumba Luana	Yoga Tammy	
5:30 p.m.		Cycling Luke		Cycling Luke	

•STRENGTH/CARDIO *moderate/high intensity* Strengthens the body using various exercises using bands/weights.

•CYCLING moderate/*high intensity* Sprint, climb, and jump your way through an exhilarating ride in the comfort of our group cycle room.

•30 MINUTE PUMP *high intensity* Uses bands, kettle bells, dumbbells, and body weight resistance.

•WATER AEROBICS *moderate intensity* It is extensive enough to give a good workout and low impact enough to not strain joints or bones as a regular aerobics class would.

•ZUMBA *moderate/high intensity* Known as Zumba Fitness Party- Combines fast and slow rhythms that tone and sculpt the body using aerobic/fitness approach to achieve a unique blended balance of cardio and muscle-toning benefits.

•YOGA *moderate intensity* Improve balance, strength, flexibility and posture in this hatha class with a vinyasa style blending breathing and movement in a fitness format for all levels. Enjoy a balanced format with both intensity and relaxation for a mind - body experience.

OTHER CLASSES OFFERED:

Mission Nutrition -This class is offered to Commands at the Fitness Center and can hold up to 25 people in each class.
NOFFS -This class is offered to all Commands and is available for up to 200 people in each class.
TRX -This introductory class is offered to Commands and can teach up to 26 people.
For more information on any of these classes please call Michael at 228-822-5108.

PERSONAL TRAINING

Many of our patrons have already discovered the benefits of working with a personal trainer. From designing a customized workout plan to providing ongoing motivation and support, personal trainers are dedicated to helping you achieve your specific goals.
Open to all MWR eligible patrons and include 5-one hour sessions with a personal trainer.
•$30 for Active Duty
•$45 for Reservists, Dependents, Retirees, and DoD Civilians.
For more information, please stop by the front desk or call 228-871-2668.

All cycling classes will be held in the Cycling Room (last class in the east hallway).
All other classes in the Multipurpose Room (only class at the end of the west hallway).