

Naval Station Mayport Fitness Schedules



Surfside Fitness Center, Bldg. 242

(904) 270-7718 or 7719

Mon through Fri 5 a.m.-6 p.m. ♦ Closed Sat/Sun/Holidays

Monday	Tuesday	Wednesday	Thursday	Friday
<u>11:30 a.m.</u> Kickboxing	<u>11:30 a.m.</u> Zumba	<u>6:30 a.m.</u> NOFFS	<u>7:00 a.m.</u> Sunrise Yoga	<u>9:30 a.m.</u> Zumba Basics
<u>4:30 p.m.</u> Cut 'N' Core	<u>4:30 p.m.</u> Yoga	<u>11:30 a.m.</u> Strength Training for Women	<u>11:30 a.m.</u> Zumba	<u>11:30 a.m.</u> The After Party
		<u>4:30 p.m.</u> Zumba	<u>4:30 p.m.</u> Kickboxing	

Gymnasium, Bldg. 1391

(904) 270-5451 or 5452

Mon through Thu 5 a.m.-11 p.m. ♦ Fri 5 a.m.-10 p.m. ♦ Sat 8:00 a.m.-10 p.m.
Sun/Holidays 8 a.m.-6 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday
<u>11:30 a.m.</u> Spinning	<u>11:30 a.m.</u> Weight Training for Warfighters ©	<u>11:30 a.m.</u> Spinning	<u>11:30 a.m.</u> Spinning	<u>7:00 a.m.</u> Spinning
<u>5:45 p.m.</u> Kids Clinic	<u>4:30 p.m.</u> Spinning	<u>11:30 a.m.</u> Rowing 101		
		<u>4:30 p.m.</u> Weight Training for Warfighters ©		
		<u>5:30 p.m.</u> Spinning		

Mayport Sandbox, Behind Surfside Fitness Center

(904) 270-7718 or 7719

Monday	Tuesday	Wednesday	Thursday	Friday
<u>6:30 a.m.</u> HIT	<u>6:30 a.m.</u> Command Bootcamp ©	<u>5:30 p.m.</u> HIT	<u>5:30 p.m.</u> HIT	<u>6:30 a.m.</u> HIT
<u>7:30 a.m.</u> Intro to HIT	<u>6:30 a.m.</u> HIT	<u>6:30 p.m.</u> Intro to HIT	<u>6:30 p.m.</u> Intro to HIT	<u>7:00 a.m.</u> TRX
<u>11:00 a.m.</u> HIT	<u>7:30 a.m.</u> Intro to HIT			<u>7:30 a.m.</u> Intro to HIT
<u>12:00 p.m.</u> Intro to HIT	<u>11:00 a.m.</u> HIT			<u>11:00 a.m.</u> HIT
	<u>12:00 p.m.</u> Intro to HIT			<u>12:00 p.m.</u> Intro to HIT

Mayport Pool

(904) 270-5101

Monday	Tuesday	Wednesday	Thursday	Friday
<u>9:30 a.m.</u> Aqua Fitness	<u>9:30 a.m.</u> Aqua Fitness	<u>9:30 a.m.</u> Aqua Fitness	<u>7:00 a.m.</u> Command Aqua ©	<u>9:30 a.m.</u> Aqua Therapy
			<u>9:30 a.m.</u> Aqua Fitness	

NOTE: All "Command" classes, denoted by a ©, are for active duty only.

COMMAND FITNESS CLASSES... Command fitness classes are designed for groups of all sizes and all fitness levels. Make the mundane Command PT more motivating with the help of Mayport's certified Navy Fitness Instructors. Classes are designed to meet the specific needs of Active Duty personnel, whether preparing for PRT, improving overall individual fitness levels (cardiovascular endurance, muscular strength and flexibility) or maintaining healthy fitness habits throughout the year.

SCHEDULES EFFECTIVE JUNE 4 2012

FLOOR TIMES for Mayport's Fitness Specialists

Floor times are available at both facilities to assist you in equipment usage and fitness programming. See the Fitness Specialist listed for details on how to maximize your workout time

Monday

Gym 4:30-5:30 p.m. Mia

Gym 6:45-7:30 p.m. Mia

Tuesday

Surfside 11:30 a.m.-12:30 p.m. Mia

Wednesday

Surfside 11:30 a.m.- 12:30 p.m. Mia

Thursday

Gym 11:30 a.m.-12:30 p.m. Russell

Surfside 11:30 a.m.-12:30 p.m. Mia

Friday

Surfside 9-10 a.m. Mia

The Mayport Sandbox

The Sandbox is a high intensity (HIT) outdoor workout area located oceanfront behind Surfside Fitness Center. The area includes a pull-up bar and ring rig, kettlebells, sleds, tires, TRX suspension frame, slam balls, ropes, ab mats, sledge hammers, farmers walk, olympic lift area and equipment, monkey bars, low crawl, sprint and drag area. HIT training involves functional programming that will take your workout to the next level. Sandbox Classes, HIT and Intro to HIT are facilitated by Olympic Lift Certified Mayport Fitness Team members.

Mayport's *Fitness Referral Program*

Mayport's Fitness Referral Program (FRP) is a coordinated initiative between the Mayport Fitness Team, Mayport's Sports Medicine Department and other base and community healthcare providers to develop fitness and wellness programs for active duty, retirees and dependents. One-on-one consultations are scheduled with a Fitness Specialist to test functional movement, review individual goals, determine existing fitness level and plan a personalized fitness program to:

- Assist in recovery and prevention of sports-related injuries
- Help manage acute and chronic orthopedic conditions
- Promote healthy cardiac rehab following a cardiac event
- Enable the pregnant sailor (or dependent) to stay active during her pregnancy

The Fitness Referral Program (FRP) is designed specifically for those individuals who are unable to currently participate in our regularly scheduled group fitness classes due to injury or disability. The goal of the Fitness Referral Program is to enhance fitness, improve joint function, muscular strength and flexibility enabling the individual to eventually be integrated into other group fitness classes and programs provided by the Mayport Fitness Team.

Available appointment times are as follows:

Monday 11:00 am-12:00 pm

Monday 2:30-3:30 pm

Tuesday 3:00-4:00 pm

Wednesday 9:30-10:30 am

Thursday 9:30-10:30 am

Thursday 2:00-3:00 pm

Friday 1:00- 2:00 pm

To make an appointment for the Fitness Referral Program (FRP), contact Sandy Schultz at sandra.schultz@navy.mil or leave a message at 904-270-7718 or 7719. A referral from your physician is not required, however, you must have a written medical clearance from your physician prior to participating in the program.

© Command Classes

® Rehab Classes

Naval Station Mayport Fitness Class Descriptions

Aqua Fitness: (weather permitting): You'll stay cool while gaining strength and endurance. Our aqua fitness program includes shallow, deep, resistance and Aqua Therapy classes. Meets at the Base Pool.

® Aqua Therapy: (weather permitting): This aqua program is reserved for those who have special physical programming needs and who are unable to exercise out of the water. This program involves hydro-therapy designed to address mobility issues. Meets at the Base Pool.

© Command Aqua: (weather permitting): Want to pass the PRT and remain injury free? Then add this Aqua class to your regimen. Come cross train in the pool. And, NO, Aqua Fitness is not just for retirees. Bring your entire command! A workout like none other is guaranteed! Meets at the Base Pool.

© Command Bootcamp: Take your entire command to the next level, oceanfront! This command class is packed full of challenging cardio drills, muscular resistance training and explosive intervals. Meets at the Sandbox and can accommodate 200+ personnel, weather permitting. Hooyah Mayport!

Cut 'N' Core: Want to see more muscles in the mirror? Perfect your form and technique in a resistance training class designed to maximize muscle strength. This full body strength training class will challenge every major muscle group and includes core training specifically designed to build and strengthen the muscles of the abdomen and back. Get ready to get ripped!

® Fitness Referral Program: The Fitness Referral Program (FRP) is a coordinated initiative between the Mayport Fitness Team and healthcare providers. This one-on-one program is designed specifically for those individuals who are currently unable to participate in our regularly scheduled group fitness classes due to injury or disability; the goal of the program is to enhance fitness, improve joint function, muscular strength and flexibility enabling the individual to eventually be integrated into other group fitness classes and programs.

HIT(High Intensity Training): High Intensity Training is held in the Mayport Sandbox behind Surfside Fitness Center (weather permitting). Participation in the WOD requires completion of the 4 part Intro to HIT programming. HIT is instructor led, timed, intense workouts involving refined exercise techniques, gymnastics, kettlebells, olympic lifts and other HIT apparatus. Class size is limited to 25.

Intro to HIT: A 4- part prerequisite training program which will prepare Mayports' personnel for safe and effective incorporation into Mayport's HIT program. All 4 training segments of Intro to HIT must be completed before entry into HIT and participation in the WOD (workout of the day). Intro to HIT includes protocol review, physical assessment, Rowing 101, pillar and movement preparation, flexibility training, tissue management, refueling and the fundamentals of the Olympic lifts, the squat and the pull-up. Let us ENGAGE you in the hottest fit trend... IGNITE your physical abilities... EMPOWER you to exceptionally complete your mission... whatever it may be!

Kickboxing: Unleash the martial artist in you. This body-blasting workout will make you hard to the core. Learn basic kicks, punches, and balance moves in this calorie-burning, sweat-producing, knock-out of a work out

Kids Clinic: This clinic is designed for children ages 10-14. It teaches how to safely use fitness equipment and provides general information on exercise and fitness workouts. Held at Gymnasium. After completion of the course, participants will be issued a card which will allow them to use the facilities when accompanied by a parent or legal guardian.

© NOFFS (Navy Operational Fitness and Fueling Series): An all inclusive fitness program designed specifically to improve operational performance and reduce injury. Cardio, strength, CORE and flexibility training are all included in the regimens. NOFFS also addresses recovery, refueling and tissue management. Meet your mission fitness requirements and remain an integral part of the global force for good.

Rowing 101: Learn to row on the Concept 2 rower used by Olympic rowing teams. The full body rhythmic nature of the rower makes it extremely efficient at burning fat with minimal stress to your legs, feet or joints. All fitness levels welcome. This class is great for Fitness Enhancement Personnel. Meets in the Gym temp weight room.

Spinning: This 45-minute indoor cycling class will enhance your speed and strength and burn mega calories without compromising joint health. Good for all fitness levels. Meets at the back of the temp Gym weight room.

Strength Training for Women: This women-only class utilizes the most effective weight room exercises - like presses, lifts, squats and curls - all in a fast-paced, fun, 60-minute workout. Master proper technique and form for lifting weights and customize your workout utilizing weight plates in 2.5, 5 and 10-pound increments.

Sunrise Yoga: Oceanfront Yoga (weather permitting) will transform your body and your attitude. Start your busy day with stretch, strength and stress relief.

The After Party: Everyone is invited to the after party! After a long week of physical training, tissue management along with flexibility, stability and mobility training will help you recover, rejuvenate and get you ready to do it all again on Monday. Don't become a victim of overuse injuries, see and be seen at the after party. TGIF!

TRX: Incorporate this innovative training device invented by a Navy Seal into your workout regimen. The TRX is a suspension training system, used in confined space as well as small group workouts. Build functional and "pillar" strength. Mold your CORE into concrete! Class size limited to 25. Class is held at Mayport Sandbox behind Surfside Fitness Center; weather permitting.

© Weight Training for Warfighters: An adrenaline producing 1-hour class devoted to building strength and stamina in active duty personnel. Emphasis is placed on sound, proven weight training techniques and the best equipment and programs are employed. Meet operational physical requirements and redefine your metabolism and muscular structure and composition. Meets in the Gym temp weight room.

Yoga: A dynamic blend of breathing, yoga postures, and relaxation techniques. This class increases vitality, energy, calm, agility, flexibility, mental and physical strength in the body, both internally and externally.

Zumba: A fusion of hot, sexy and explosive Latin American and International dance music. Caloric output, fat burning and total body toning are maximized through fun and easy to follow dance steps. Come experience the ultimate dance party in this high energy, motivating class that is great for both the body and the mind.

Zumba Basics: Ready to try one of the hottest fitness trends? Zumba Basics is a fun, effective, easy-to-follow, Latin-inspired dance fitness party. Learn some of the genres common to Zumba including Cumbia, Salsa, Merengue and Reggaeton. All dances in Zumba Basics will be broken down, enabling you to learn the dances faster and easier.