

NSF DAHLGREN GROUP EXERCISE SCHEDULE



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:00 A.M. AMP	7:00 A.M. 30/30 Spin/Strength	*9:00 A.M. 30/30 H.I.T/Flex	9:00 A.M. Aqua Cross	7:00 A.M. Spin Express
*9:00 A.M. Boot Camp Boxing	9:00 A.M. Aqua Cross	11:30 A.M. Boot Camp Boxing	10:00 A.M. Aqua Flex	11:30 A.M. Total Core
11:30 A.M. Spinning	10:00 A.M. Aqua Flex	4:00 P.M. Zumba	11:30 A.M. Power Yoga	12:15 P.M. Wet Express
4:00 P.M. Muscle Pump	11:30 A.M. NOFFS	4:30 P.M. Aqua Flex	4:00 P.M. Spinning	Aquatics Center
4:30 P.M. Functional Training	4:00 P.M. Power Yoga	5:15 P.M. Kettlebells		Fitness Center

FULL CLASS DESCRIPTIONS ON BACK.

*Classes begin October 6th



Dahlgren Aquatics Center 540-653-8088

Dahlgren Fitness Center 540-653-8580



Cost: Active Duty, Reservist, Military Retirees and Active Duty Dependents: FREE

All Others: 30-minute class, \$1.00; 60-minute class, \$3; 10 class punch card, \$20; Month pass (day-to-day), \$12.50 per month.

Payment: Payments are accepted at the Aquatics and Fitness Center customer service desk. Cash, checks and credit card are accepted. Upon entering class: Patrons must present proof and sign-in.



GROUP EXERCISE CLASS DESCRIPTIONS

30/30 A vigorous cardio and strength exercise format, broken into two 30 minute segments, perfect for any fitness enthusiast! Formats include Spin30, Strength, H.I.T (High Intensity Training) and Flex. Each segment will utilize a variety of weights to provide strength, stability, power, mobility, endurance, and flexibility.

AMP This class challenges your fitness level using traditional and functional fitness training techniques to increase cardiovascular levels, muscular strength, power and endurance. Stay motivated by pushing yourself with drills and stations that challenge every major muscle group.

H2O Boot Camp Be prepared to for the ultimate "low impact" workout. The may use flotation devices, dumbbells, medicine ball to create a challenging interval workout. Participants will use powerful moves and full range of motion to improve strength, cardiovascular fitness and flexibility.

Aqua Flex A low impact workout for any age or fitness level. Features both deep and shallow water exercises to get the heart pumpin' and blood flowin'. Improve your joint range of motion, flexibility and balance with Aqua Flex. Aqua Flex is designed to strengthen those parts of the body that im-prove the ease of everyday activities.

Boot Camp Boxing High energy, total body workout combining boxing moves with a core focus. This class will maximize your strength, endurance and cardiovascular health.

Functional Training A total body workout with an emphasis on core strength, muscular strength and endurance. Utilizing various types of resistance equipment will leave you feeling strong, fit and energized. Class is designed to challenge the individual at their own fitness level. Sneakers needed for land portion of class. Water aerobics portion is very easy on the joints and can even increase muscle strength and endurance due to the water's built-in resistance.

Kettlebells This class provides a challenging cardiovascular, strength, endurance and muscle toning exercises. Kettlebells will help kick *all* your fitness goals into high gear! With Functional and compound movements, working multiple muscle groups simultaneously, improvements in cardiovascular and muscular strength and muscular endurance to improve caloric expenditure efficiency

Muscle Pump Strength training class using a variety of equipment, such as dumbbells, weight bars and your own body weight. Strength training is a great way to increase your metabolic rate, which will help your body burn more calories throughout the day. It also increases your lean muscle mass and over-all strength, helping you to have more energy and workout longer.

NOFFS The Navy Operational Fitness and Fueling Series class is designed to provide "world-class" performance training, using the latest sports science methodologies. Students will work through the 4 NOFFS series; sandbag, endurance, operational and strength to improve upon their fitness goals.

Power Yoga Enjoy the benefits of increased core strength and toning of the entire body along with improved flexibility, posture, concentration, endurance and balance while working at your own pace. Anyone can attend and expect levels to accommodate beginners thru advanced patrons.

Spin60/Spin30 A vigorous cardio class without comparison. An exercise class on stationary bikes, perfect for any fitness enthusiast, recreational cyclist or serious racer. An indoor group bicycling class designed for all fitness levels. High cardio without the impact on the joints. Spin30 is a 30 minute ride and Spin60 is a 60 minute ride. *Please arrive at to class a few minutes early to set up your bike

Total Core Conditioning 30 minute abs and back class combines standing and floor core work. Improve core strength with various exercises.

Wet Express Maximize your time! This 30 minute workout will capitalize on strengthening your core and working different major muscle groups each week – and keep your hair dry! Please bring sneakers and shorts. This is performed in the training pool.

Zumba Latin inspired dance-fitness program. A blend of international music and contagious steps forming a "fitness party".