

Spring 2012 Group Exercise Schedule

This Spring session will run from March 5-30, 2012 at the Washington Navy Yard Fitness Center

MONDAY		TUESDAY		WEDNESDAY	
6:30-7:15	Pilates	6:30-7:15	Basic Training Challenge	6:30-7:15	Dig Deep
10:30-11:15	Peaks & Valleys	8:30-9:15	Basic Training Challenge	10:30-11:15	Dig Deep
11:30-12:15	Cardio Combat	10:30-11:15	Lean & Spin	11:30-12:15	20+20+5
12:30-1:15	20+20+5	11:30-12:15	Yoga	4:15-5:00	Pilates
THURSDAY		FRIDAY			
6:30-7:15	20+20+5	10:30-11:15	Peaks & Valleys		
8:30-9:15	Basic Training Challenge	11:30-12:15	Pilates		
10:30-11:15	Yoga				
11:30-12:15	Dig Deep				
12:30-1:15	Zumba				



FREE for all Active Duty & DOD

Active Duty, DOD & Contractors are eligible to participate

Classes fill up fast so arrive early and register at the Fitness Center

Prices for Contractors - **\$4.00/class** | **\$24.00/8 classes** | **\$50.00/20 classes**

For more information, contact Demond Jones at 202-433-6666 or demond.jones@navy.mil

Class Descriptions

20+20+5 - Get it all covered in just 45 minutes with this total body workout. Cover the 3 fundamental components of fitness within 20 minutes of cardio, 20 minutes of resistance and 5 minutes of intense core work.

Basic Training Challenge - This class is designed to assist active duty personnel with maintaining a standard of excellence for PRT performance. **(FOR ACTIVE DUTY PERSONNEL ONLY)**

Cardio Combat - Strike with the purpose of knocking fat into submission and defeating the effects of a sedentary lifestyle. This non-contact kickboxing class uses a combination of kicks and punches to achieve an excellent cardiovascular workout.

Dig Deep - Be prepared to dig deep and engage every muscle in your body to finish this class successfully. This class will challenge you with nonstop plyometric, cardiovascular, resistance and core exercises to burn fat and build a lean physique.

Lean & Spin - Get it all in one fat burning, muscle toning and improved cardiovascular endurance with this intense stationary bike workout. This class combines cycling with resistance training for a challenging workout.

Peaks & Valleys - An intense stationary bike workout that simulates an actual outdoor bike ride. Through tension adjustments and pedaling technique, you will encounter straight-aways, steep hills and rolling terrains that correspond to the difficulty of the perceived ride. This class will make you sweat!

Pilates - Developed over 70 years ago by Joseph H. Pilates, the focus of this discipline is the strengthen and stretch the abdomen and torso by solely using the body. Technique involves proper breathing and control over various muscles

Yoga - Develop strength, muscle tone and flexibility with the union occurring between mind, body and spirit. De-stress your day!

Zumba - A fusion of body sculpting movements with easy to follow dance steps to the tune of Latin and International music. The routine features aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba utilizes the principles of fitness interval training and resistance training to maximize caloric output, fat burning and total body toning.