

# MAYPORT FITNESS CENTER FITNESS SCHEDULE

EFFECTIVE  
JULY 8, 2024

## MONDAY

<b>FEP</b>	0630 - 0730
<b>Aqua Fit</b>	0930 - 1015
<b>Power Hour</b>	0930 - 1030
<b>Arms &amp; Abs</b>	1130 - 1200
<b>Indoor Cycle</b>	1130 - 1215
<b>Shred</b>	1130 - 1230
<b>Strength Circuit</b>	1515 - 1600
<b>Strength &amp; Burn</b>	1630 - 1730

## THURSDAY

<b>FEP</b>	0630 - 0730
<b>Arms &amp; Abs</b>	0930 - 1000
<b>Aqua Aerobics*</b>	1000 - 1100
<b>Lower Body Blast</b>	1100 - 1130
<b>Boxing</b>	1130 - 1230
<b>FEP</b>	1400 - 1500
<b>Size &amp; Strength</b>	1730 - 1830

## TUESDAY

<b>FEP</b>	0630 - 0730
<b>Dance Fitness</b>	0900 - 1000
<b>Lower Body Blast</b>	0900 - 0930
<b>Aqua Aerobics*</b>	1000 - 1100
<b>Core &amp; Cardio</b>	1000 - 1030
<b>Sprint &amp; Sculpt</b>	1100 - 1130
<b>Tabata Core Circuit</b>	1130 - 1200
<b>Kettlebell Training</b>	1130 - 1230
<b>FEP</b>	1400 - 1500
<b>HIIT</b>	1530 - 1630
<b>Zumba</b>	1730 - 1830
<b>Size &amp; Strength</b>	1730 - 1830

## FRIDAY

<b>FEP</b>	0630 - 0730
<b>Walking Club**</b>	0830 - 0930
<b>Power Hour</b>	0930 - 1030
<b>Flow Yoga</b>	1100 - 1200
<b>Glute Camp</b>	1130 - 1200
<b>FEP</b>	1400 - 1500
<b>Size &amp; Strength</b>	1730 - 1830

## WEDNESDAY

<b>FEP</b>	0630 - 0730
<b>Sprint &amp; Sculpt</b>	0900 - 0930
<b>Strength &amp; Mobility</b>	0930 - 1015
<b>Power Hour</b>	0930 - 1030
<b>Family Fitness</b>	1100 - 1145
<b>Flow Yoga</b>	1100 - 1200
<b>Indoor Cycle</b>	1130 - 1215
<b>TRX Row Boot Camp</b>	1130 - 1230
<b>FEP</b>	1400 - 1500
<b>Strength Circuit</b>	1515 - 1600
<b>Strength &amp; Burn</b>	1630 - 1730
<b>Size &amp; Strength</b>	1730 - 1830
<b>Zumba Step</b>	1730 - 1830

## SATURDAY

<b>Size &amp; Strength</b>	0900 - 1000
<b>Zumba</b>	1000 - 1100

■ Strength ■ Cardio ■ Flexibility

All classes are located at the Fitness Center/Natatorium unless specified:  
\*Outdoor Pool \*\*RV Park



## AQUA AEROBICS

Located at the outdoor pool, this is a low impact, but high intensity class in shallow water area.

## AQUA FIT

Located at the indoor pool, this is a low impact, resistance and mobility training in shallow water.

## ARMS & ABS

Toning exercises for the arms, abs, and upper back. Utilizing a wide range of equipment.

## BOXING

A high-intensity workout to learn fundamental boxing movements and techniques using mitts and heavy bags.

## CORE & CARDIO

Body weight exercises and aerobics steps to increase heart rate and strengthen the core.

## DANCE FITNESS

Combines beat-thumping music with dance moves. Routines incorporate interval training alternating fast and slow rhythms, to improve cardiovascular fitness.

## FAMILY FITNESS

A fitness program for parents and children ages 4-14, ideal for homeschooling families. Parents must be present.

## FITNESS ENHANCEMENT PROGRAM (FEP)

A structured training program that builds solid foundation of fitness skills for active duty FEP members.

## FLOW YOGA

Access your natural balance, strength and ease, one breath at a time in this welcoming class, suited for all fitness levels. Class starts with a present moment meditation, followed by a standing pose sequence, and finishes with seated poses, inversions, and a small rest period. Mats and yoga accessories provided.

## GLUTE CAMP

A band workout with focus on glute and hip strength and mobility.

## HIGH-INTENSITY INTERVAL TRAINING (HIIT)

Enjoy a fast-paced fitness session that increases your aerobic capacity, muscular strength and endurance, agility and functional fitness!

## INDOOR CYCLE

All fitness levels welcome; beginners, please arrive early for bike set up. This indoor cycle class offers interval cycling to a variety of motivational music.

## KETTLEBELL (KB) TRAINING

KB training will be held on the Indoor HIT Zone. This training is excellent for building full-body strength, low impact cardio, improving core strength and stability. Great total body training.

## LOWER BODY BLAST

Full leg and lower back workout.

## POWER HOUR

Total body strength and toning class! Great for beginners and experienced lifters!

## SHRED

This body weight workout uses circuits with limited amounts of rest. Some exercises are done for repetitions and some are timed. You will see your ability to perform each exercise last longer after each class.

## SIZE & STRENGTH

Focus on improving strength and muscle mass in a traditional weight lifting class utilizing selectorized equipment and free weights.

## SPRINT & SCULPT

Assault treadmill sprints combined with toning exercises.

## STRENGTH & BURN

Combines bodyweight exercise, weight training and plyometric moves!

## STRENGTH CIRCUIT

Timed rotations through stations of cardio, strength training, or HIIT exercises.

## STRENGTH & MOBILITY

Low impact and high reward. Focus on functional strength and mobility to improve the quality of every day life.

## TABATA CORE CIRCUIT

A high-intensity interval training with alternations of twenty seconds on and ten seconds rest, repeated for eight rounds. It is a proven method to gain more core strength.

## TRX & ROW BOOT CAMP

Increase your balance and core power with TRX training and build your cardio capacity with rowing and varying boot camp exercises!

## WALKING CLUB

Early morning beach walk from the Pelican Roost RV Park.

## ZUMBA

Join the ultimate dance party in this fun, high energy, and motivating class. No dance experience needed. All fitness levels welcome.

## ZUMBA STEP

Tone and strengthen glutes and legs with a gravity-defying blend of Zumba and step moves. All fitness levels welcome.

We offer massage! Make a reservation at:

[NavyMWRMayport.com/Massage](https://www.navymwr.com/massage)

View our Fitness Schedule online at:

[NavyMWRMayport.com/Fitness](https://www.navymwr.com/fitness)

■ Strength ■ Cardio ■ Flexibility



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