

CLASS TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
0600	CYCLE 0630		CYCLE 0630		CYCLE 0700				
0630									
0700									
0730									
0800	COMMAND PT/FEP 0800-0900		COMMAND PT/FEP 0800-0900						
0830									
0900						STEP 0900-1000			
0930									
1000									
1030									
1100									
1130	NOFFS HIIT 1130-1230	STRENGTH & CORE 1130-1230	NOFFS HIIT 1130-1230	CYCLE 1130-1230	NOFFS HIIT 1130-1230				
1200									
1230									
1300									
1330									
1400	View schedule and/or sign up for class online at www.navymwrmaidsouth.com/groupexschedule								
1430									
1500									
1530									
1600									
1630	STEP 1630-1730	YOGA 1630-1730	STEP 1630-1730	YOGA 1630-1730					
1700									
1730									
1800									
1830	COMMAND PT IS AVAILABLE M-F (by appointment)								
1900									



CLASS DESCRIPTIONS

CYCLE

Experience everything you love about an outdoor cycling workout in this results driven, high calorie burn studio cycling class! Ride to your limits with fast paced sprints, powerful hills & intense drills. This class incorporates bike metrics (watts, RPMs, and speed) as a tool for measuring & improving strength, speed, focus & power. Each class is uniquely designed by the instructor & set to fun & motivating music. (low impact, moderate to high intensity)

NOFFS HIIT

Short duration, maximum results.
These high-intensity workouts will improve your strength and endurance by taking your heart rate thru peaks and valleys. Your body burns more calories by utilizing short rest periods that minimize full recuperation.

YOGA

The go-to Mind/Body class to relieve stress.
Improve flexibility, range-of-motion, and overall Zen mindset.



COMMAND PT

Command PT is a great way for Command Fitness Leaders (CFLs) to supplement their mandatory command training.
Command PT sessions can only be reserved by active duty CFLs by calling 901-874-5497.

STEP

Aerobic workout consisting of basic movement patterns to increase the work of the heart and lungs using the Step.

STRENGTH & CORE

Designed to improve your strength & build lean muscle using barbells, weighted plates, dumbbells & body weight. Exercises will be used to blast all major muscle groups to ensure a full body workout!

2-Hour Advanced Registration is required.

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