


NAVAL SUPPORT ACTIVITY MID-SOUTH

GROUP EXERCISE SCHEDULE

Classes subject to change
Effective Sep. 15, 2023

CLASS TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY					
0600											
0630	CYCLE 0630 - 0730		CYCLE 0630 - 0730		CYCLE 0630 - 0730						
0700											
0730											
0800											
0830											
0900	FIT MOBILE 0900-1000		FIT MOBILE 0900-1000			STEP AEROBICS 0900 - 1000 Aerobics Room					
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 group ex class schedule online at www.navymwrmaidsouth.com/groupexschedule										
1430											
1500											
1530											
1600											
1630	STEP AEROBICS 1630-1730 Aerobics Room	YOGA 1630-1730 Aerobics Room	BOXING & BARBELLAS 1630-1730 NOFFS ZONE	STEP AEROBICS 1630-1730 Aerobics Room	YOGA 1630-1730 Aerobics Room	BOXING & BARBELLAS 1630-1730 NOFFS ZONE					
1700											
1730											
1800											
1830	COMMAND PT/ FEP AVAILABLE M-F (by appointment)										
1900											





JOE DUGGER FITNESS CENTER | (901) 874-5497
5671 MCCAIN ST. (BLDG. S-499) MILLINGTON, TN
www.navymwrmaidsouth.com/fitness

CLASS DESCRIPTIONS

COMMAND PT /FEP

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.

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.

BOXING & BARBELLAS

Bringing boxing fitness and weight training together to help tighten and tone those abs and glutes, while also building muscle & burning fat. We are catering to women with this one, but class is open to everyone (men and women).

YOGA

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

STEP

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

FIT MOBILITY

Class designed for our "seasoned" patrons.

ENDURANCE CONDITIONING

Are you an endurance athlete looking for an advantage? This indoor cardio conditioning class will help improve your cardiorespiratory fitness, strength, and aerobic threshold. Strength training will focus on common overactive and underactive muscle groups that lead to injury in endurance athletes. Come get fitter, stronger, and faster!

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)

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!

CIRCUIT BREAKER

High Intensity Interval Training class that combines everyday functional resistance movements with a splash of cardiovascular training. Burn calories & tone muscles.

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