

GROUP EXERCISE SCHEDULE

CLASS TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	COMMAND PT IS AVAILABLE M-F (by appointment) 0600-0800					
6:00 AM						
6:30 AM	HIIT IN THE A.M. ** 0630-0730	STRENGTH & SPIN ** 0630-0730	HIIT IN THE A.M. ** 0630-0730		CYCLING ** 0630-0730	
7:00 AM						
7:30 AM						
8:00 AM						
8:30 AM		FIT & MOBILE 0830-0930		FIT & MOBILE 0830-0930		
9:00 AM						
9:30 AM						STEP 0900-1000
10:00 AM						
10:30 AM						
11:00 AM						
11:30 AM	TRX & MORE 1130-1230	HIIT ** 1130-1230	CYCLING ** 1130-1230	HIIT ** 1130-1230	ZUMBA 1130-1230	
12:00 PM						
4:00 PM						
4:30 PM	STEP 1630-1730	YOGA 1630-1730	STEP 1630-1730	LEGEND: ** Classes in the NOFFS Series combine human performance and injury prevention strategies that provide a complete physical training program.		
5:00 PM						
5:30 PM						
6:00 PM						

JOE DUGGER FITNESS CENTER | (901) 874-5497

5671 MCCAIN ST. (BLDG. S-499) MILLINGTON, TN

www.facebook.com/navymwrmaidsouthFitnessandSports

CLASS DESCRIPTIONS

NOFFS Series

Navy Operational Fitness & Fueling System uses the latest sports science methodologies— Classes in the NOFFS Series combine human performance and injury prevention strategies that provide a complete physical training program.

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.

CYCLING

A vigorous indoor cycling workout that will boost your fitness level with non-impact cardio workout through hill climbs, flat terrains, jumps, and sprints. Please arrive 10 minutes early for set up.

FIT & MOBILE

Series of exercises designed to build strength, coordination, balance, and aerobic conditioning. Followed by a post-workout stretch. Class is suitable for all ages and skill levels.

HIIT

Short duration, maximum results. These high-intensity workouts will improve your strength and endurance.

HIIT IN THE A.M.

This workout is designed to challenge your entire body, recruiting your muscles to control force, and dynamically stabilize in all planes of motion. Your body burns more calories by utilizing short rest periods that minimize full recuperation.

STEP

Workout consisting of basic movement patterns to increase the work of the heart and lungs

STRENGTH & SPIN

This class combines the cardio of Spin with a mix of strength training. Every class will offer a challenging combination of high intensity cardio and various muscles building resistance training options.

TRX & MORE

TRX® is a type of functional training that uses your own body weight and gravity to build strength, power, balance, coordination, flexibility, core and joint stability. Limited to 16 participants on a first come, first serve basis. Beginners, please arrive 10 minutes early for set up and safety brief.

YOGA

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

ZUMBA

Zumba® is designed to bring people together to sweat it on. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.

JOE DUGGER FITNESS CENTER | (901) 874-5497

5671 MCCAIN ST. (BLDG. S-499) MILLINGTON, TN

www.facebook.com/navymwrnmidssouthFitnessandSports