

# January Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Saturday
<b>FamFit</b>   10:00 am	<b>Indoor Cycle</b>   8:00 am	<b>NOFFS</b>   8:00 am	<b>Indoor Cycle</b>   9:00 am	<b>Cycling &amp; Stretching</b>   9:15 am
	NAS I FIT DISTRICT		NAS I FIT DISTRICT	
NAS I FIT DISTRICT	<b>Strength &amp; Conditioning</b>   4:45 pm	NAS I FIT DISTRICT	<b>Strength &amp; Conditioning</b>   11:00 am	
<b>Indoor Cycle</b>   5:15 pm	NAS II FLIGHT LINE CENTER	<b>Indoor Cycle</b>   5:00 pm	NAS II FLIGHT LINE CENTER	
	<b>HIIT</b>   5:00 pm		<b>Circuit Boxing</b>   4:30 pm	
NAS I FIT DISTRICT	NAS I FIT DISTRICT	NAS I FIT DISTRICT	NAS I FIT DISTRICT	NAS I FIT DISTRICT

## Command PT

Command PT sessions, fields and courts are available upon request. These are fulfilled based on instructor and facility availability. Sessions must be booked at least one week in advance. Call 624-3785 for instructors. Call 624-4483 (NAS 1) or 624-5243 (NAS 2) to reserve facilities.

### FamFit

Bring your little ones to play while you challenge yourself with a one-hour full body workout. This class combines strength and cardio exercises delivered in a circuit-in-place style. Located in the Family Fitness Room at NAS 1.

### Indoor Cycle

An indoor cycling/spin class for all fitness levels.

### Strength & Conditioning

Focus on building your strength and increasing conditioning by executing varied, compound functional movements in each session.

### HIIT

A series of low to high intensity interval training exercises.

### NOFFS

A workout powered by the Navy Operational Fitness and Fueling System. Designed to replicate the activities used in operational duties such as lifting, pushing, pulling, carrying aerobic/anaerobic demands and body movement skills with balance, agility and coordination.

### Circuit Boxing

Learn basic boxing techniques, defense and offense skills, movement and mitt workout. Preferred equipment to bring are boxing wraps, gloves and focus mitts. please contact Karen for any questions 3476298161.

GET MORE DETAILS ON  
[WWW.NAVYMWRSIGONELLA.COM](http://WWW.NAVYMWRSIGONELLA.COM)



Get the App!



MWR Sigonella



Instagram  
NAVY MWR Sigonella

