

FLETCHER FITNESS CENTER

Group Exercise Class Schedule (July/August 2020)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
10:30-11:30 AM NOFFS SES	10:30-11:30 AM NOFFS SES	10:30-11:30 AM NOFFS SES	10:30-11:30 AM NOFFS SES	10:30-11:30 AM NOFFS SES
11:30 AM - Noon Outdoor MRT (Metabolic Resistance Training)	11:30 AM - Noon Outdoor MRT (Metabolic Resistance Training)	11:30 AM - Noon Outdoor MRT (Metabolic Resistance Training)	11:30 AM - Noon Outdoor MRT (Metabolic Resistance Training)	11:30 AM - Noon Outdoor MRT (Metabolic Resistance Training)
12 - 12:30 PM Outdoor Yoga		12 - 12:30 PM Outdoor Yoga		
1:30 - 2:30 PM NOFFS SES	1:30 - 2:30 PM NOFFS SES	1:30 - 2:30 PM NOFFS SES	1:30 - 2:30 PM NOFFS SES	1:30 - 2:30 PM NOFFS SES

Class schedule information is subject to change without notice or obligations

Outside Classes: Meet at CONNEX box outside of the Fitness Center. All authorized civilians may attend but are not permitted inside. Bring hydration and personal mat if needed

Outdoor Yoga: Class will be held outside weather permitting. Open to all (25max).

Stretching, strengthening and functional movements combined with controlled breathing and visualization to help ease your body and mind. Find creative flow, increase your energy and fight fatigue from your work day

Outdoor MRT (Metabolic Resistance Training): Class will be held outside weather permitting. Open to all (25max).

No magic here - MRT is just a term covering various combinations of intense, efficient cardiovascular and muscular training. MRT can involve supersets, circuits, speed, low rest and compound movements; it almost always packs a double-punch of aerobic and anaerobic work, breaking down barriers between traditional weight training and cardio. If you're sick of long rest periods and the sleepy treadmill slump, MRT might be for you.

NOFFS (Navy Operational Fitness and Fueling System): Individual workout (with trainer supervision). This FEP approved class emphasizes how to specifically improve PRT scores by improving your cardiovascular fitness, strength endurance and reducing your risk for injury, with proper progression. Contact your CFL for more information.



NEW HOURS: Monday - Friday, 6 AM - 6 PM
Building 301 | 207-438-4261