

Fletcher Fitness Center Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30 am NOFFS SES (FEP)	5:30-6:30 am Strong Yoga	5:30-6:30 am NOFFS SES (FEP)	5:30-6:30 am Relax Yoga	5:30-6:30 am NOFFS SES (FEP)	
		9-10 am Pre/Post Natal Yoga	9-10 am Mom & Baby Yoga		
10:30-11:30 am NOFFS SES (FEP)	10:30-11:30 am NOFFS SES (FEP)	10:30-11:30 am NOFFS SES (FEP)	10:30-11:30 am NOFFS SES (FEP)	10:30-11:30 am NOFFS SES (FEP)	
11:30 am-Noon MRT (Metabolic Resistance Training)	11:30 am-Noon MRT (Metabolic Resistance Training)	11:30 am-Noon MRT (Metabolic Resistance Training)	11:30 am-Noon MRT (Metabolic Resistance Training)	11:30 am-Noon MRT (Metabolic Resistance Training)	
12-12:30 pm Yoga for Athletes		12-12:30 pm Yoga for Athletes			
1:30-2:30 pm NOFFS SES (FEP)	1:30-2:30 pm NOFFS SES (FEP)	1:30-2:30 pm NOFFS SES (FEP)	1:30-2:30 pm NOFFS SES (FEP)	1:30-2:30 pm NOFFS SES (FEP)	
3:45-4:30 pm Zumba	3:45-4:30 pm Cardio Martial Arts		3:45-4:30 pm Cardio Martial Arts	4-5 pm Kettlebell Circuit	
	4:35-5:35 pm Floor Core & More (Group Classroom)	4:30-5:30 pm Jiu-Jitsu (Gracie Survival Tactics) <i>pre-registration required</i>	4:35-5:35 pm Floor Core & More (Group Classroom)		
5:30 -6:30 pm NOFFS SES (FEP)	5:30 -6:30 pm NOFFS SES (FEP)	5:30 -6:30 pm NOFFS SES (FEP)	5:30 -6:30 pm NOFFS SES (FEP)	5:30 -6:30 pm NOFFS SES (FEP)	

Class schedule information is subject to change without notice or obligations.

June 2018

Class Descriptions

Cardio Martial Arts: This class will put some “kick” into your workouts. It utilizes martial arts movements for an aerobic workout that will bring your cardiovascular fitness to a new height.

Jiu-Jitsu (Gracie Survival Tactics): This class teaches the most effective techniques of Gracie Jiu-Jitsu. If you are interested in maximum effectiveness, learning in the least amount of time, with the least chance of injuries this class is for you. The techniques covered are those which are used most often and with the greatest success by law enforcement personnel.

Kettlebell & More: The Kettlebell class is a circuit style class that teaches participants proper technique, increases muscular strength and power. Other pieces of equipment such as battle ropes, dumbbells, medicine balls etc. are utilized to enhance the Kettlebell experience.

Mom & Baby Yoga: This class is designed for moms of pre-crawling infants with an eye to stretching, strengthening and restoring the postpartum body and mind. It allows you to get out of the house and do something wonderful for yourself and baby. You can take time to attend to your baby in anyway that you need and want. This is an amazing way to connect and share with other moms.

Mobility Training and Rejuvenation: These exercises, performed as a part of your normal day, will improve joint function, balance, co-ordination and enable your entire body to function better.

MRT (Metabolic Resistance Training): 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.

Navy Fit- Mission Ready: Train like a tactile athlete and get military fit, using the training locker located outside of the Fletcher Fitness Center. Learn proper technique for Olympic lifts and shred fat and get in condition with high intensity interval training. Best part yet, enjoy the outdoors while getting your sweat on!

NOFFS (Navy Operational Fitness and Fueling System): 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. (Weekly body comp. measurements, weigh-ins, and monthly mock PFAs are done to help track your progress.)

Prenatal/Post Yoga: This class is designed with the new mother and baby in mind. Gentle and safe stretches are incorporated that are appropriate for pregnant women. Practicing yoga poses with a quiet mindfulness helps to develop a strong, supple body. Prenatal yoga gives mothers the ability to breathe deeply and relax completely.

Relax Yoga: A flow that releases tension from your body and mind, while resting attention calmly on your breath. You drop the stress and feel all-over revitalized. You'll create a healthy balance between strength and flexibility, stability and mobility.

Self Defense Club: This club is for co-operative practice of drills and techniques from basic self-defense, judo, and jujitsu. We will practice how to safely break falls, perform joint locks, chokes, in addition to other drills to help strengthen the core, develop balance, and improve coordination. No special gear required to begin; however to practice advanced techniques gi-pants, and groin protection are required. This class is only for practicing drills and learning techniques, there is no sparring or fighting; however some advanced practice will include reflex development and fight simulation drills. Street jujitsu and judo are the main techniques practiced but if you have skills in other forms of martial arts please join us and share.

Strong Yoga: A moving flow that builds strength, balance, and flexibility from the core evenly through the body. A Flow that invigorates your body and mind while resting attention calmly on your breath. You'll feel awake, energized and super-creative.

Yoga for Athletes: Focuses on upper body, and lower body core integration. Building strength and stability. Finding symmetry with breath, pacing, and movement. Move through functional movement that builds your mobility, breath awareness, alignment and overall fitness. Aspiring you to meet your body with what it needs and feel better. All Athletes welcome.

Zumba! The music, the energy, the excitement! Zumba is simply irresistible! Ditch the workout and join the dance! It's different, it's easy, it's effective. NO dance experience necessary - feel the music and dance yourself into shape!

Zumba Tone: When it comes to body sculpting, Zumba Toning raises the bar. It combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party. Students learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all their target zones, including arms, abs, glutes and thighs