

JEB FORT STORY

GROUP EXERCISE CLASSES

FREE!



EXERCISE YOUR OPTIONS

MONDAY

6 to 7 p.m.
Zumba (FF)

TUESDAY

5:30 to 6:30 p.m.
Pilates

6:45 to 7:45 p.m.
Level One Yoga

FRIDAY

3:30 to 4:30 p.m.
Boot Camp

*No classes on observed federal holidays.

Pilates:

This class will strengthen and improve your core, total strength and balance. This class is for all fitness levels.

Raja Cardio:

A mixture of martial arts and yoga concentrating on balance, focus and flexibility for all fitness levels.

Yoga:

A full hour of poses including focus, strength and flexibility.

Bootcamp:

This class is a full hour mix of cardio and strength training guaranteed to make you sweat.

Zumba:

A mixture of body sculpting movements and easy to follow dance steps. No dance experience is necessary.

For more information, call 422-7975.

JEBFS-01-216 TL12



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Visit Fleet Readiness online for the latest on events and activities in the Mid-Atlantic Region.

Receive new JEB Little Creek-Fort Story Fitness & Sports program & event information by text message on your cell phone!

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