



MAY 2012



NAS OCEANA FITNESS & SPORTS Group Exercise Schedule

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 a.m.	CORE Fitness Plus	Spin	CORE FITNESS PLUS	Spin	Vinyasa Yoga
10 a.m.	Stroller Aerobics		Stroller Aerobics Spin		Stroller Aerobics
11:30 a.m.	Cardio Kickboxing	Chisel	Boot Camp	Step	Zumba
4:30 p.m.	Boot Camp	Zumba	Triple Threat	Spin	FAMILY FRIENDLY CLASSES Children 10 and older can participate in the following classes: Core Fitness Plus Stroller Aerobics Yoga Restore Chisel Fitness Fusion
6 p.m.	Yoga Restore		Yoga Restore		

All classes are held at the Hornet's Nest Fitness Center (building 529) and are FREE to active duty, retirees, eligible family members, reservists & DoD civilians.

NAS OCEANA CLASSES
Located in bldg. 529
Monday through Thursday,
5:30 a.m. to 7 p.m.
Friday, 5:30 a.m. to 4 p.m.
Not open weekends.

Classes are subject to change according to demand.
Call the Fitness Center at 433-3928 or
433-2695 for more information.

Fitness Center (bldg. 545)
Hours of Operation
Weekdays, 5 a.m. to 9 p.m.
Weekends, 8 a.m. to 8 p.m.

EXERCISE YOUR OPTIONS

2012 GROUP EXERCISE CLASS DESCRIPTIONS

Core Fitness Plus: Monday and Wednesday at 9 a.m.

This class provides an intense full-body workout where dumbbells and stretch bands are used for toning. Cardio work is low impact without all the jumping and bouncing. Core Fitness Plus is great for the exercise novice!

Stroller Aerobics: Monday, Wednesday & Friday at 10 a.m.

Being a parent doesn't have to cramp your workout style! Bring your baby and join us for a great workout incorporating cardio, weight training and core strength.

Boot Camp: Monday at 4:30 p.m. & Wednesday at 11:30 a.m.

Are you up for a challenge? Boot Camp combines power moves and plyometrics for an intense workout that will make you stronger and faster. This is a great class for those looking to push themselves to the next level.

Yoga Restore: Monday & Wednesday at 6 p.m.

Slow down with Yoga Restore. Stretch and strengthen your joints and muscles at a calm, relaxing pace.

Vinyasa Yoga: Friday at 9 a.m.

(75-minute class) Focusing on Vinyasa poses, this high-intensity, fast-paced yoga class will leave you sweaty, stretched and strong. Intermediate to advanced.

Chisel: Tuesday at 11:30 a.m.

This full body weight training workout hits all your muscle groups using bands,

dumbbells, body bars and your own body weight to build, tone define and "chisel" your body into a new physique.

Spin: Tuesday & Thursday at 9 a.m.

This indoor cycling class provides a fun and challenging cardiovascular workout for all fitness levels. Participation in the spinning program will enhance your speed, strength and stamina, improve your overall physical health and increase your caloric burn.

Triple Threat: Wednesday at 4:30 p.m.

Triple Threat is a mix of cardio, strength and flexibility exercises, each done for 20 minutes at a time for a total body workout.

Zumba: Friday at 11:30 a.m.

This class is a fusion of Latin and international music. Zumba combines high energy and motivating music with unique moves and combinations that allow the Zumba participants to dance away their worries. It is based on the principle that a workout should be "FUN AND EASY TO DO". Zumba is a "feel-happy" workout that is great for both the mind and body.

Step: Tuesday at 4:30 p.m. & Thursday at 11:30 a.m.

This high energy, heart pumping classes uses step choreography to keep you moving and grooving to the beat of the music.

For more information, call 433-3928.