

NAVAL BASE KITSAP BREMERTON FITNESS CENTER



GROUP FITNESS CLASSES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	0600-0700 Yoga		0600-0700 Yoga		1100-1200 Kickboxing	
	1230-1330 Strength And Stability		1230-1330 Strength And Stability	1230-1300 Kettlebell Conditioning	1230-1300 Functional Movement	
	1700-1730 HIIT	1700-1730 Spin	1700-1800 Warrior	1700-1800 Spin	1700-1730 Core Blaster	
	1730-1800 Core Blaster	1730-1830 Zumba	1730-1830 PolyFit	1730-1830 Zumba		
		1730-1830 Kickboxing				

EVENTS:

- Get your name on the Leaderboards! 1 Rep-Max attempts available on walk-in basis
- Powerlifting Club: Push your limits with the 500*-1000-1200 lb. Clubs
- Squat/Bench Press/Deadlift Earn a FREE T-shirt! Visit the Fitness Desk for details

SCAN FOR DETAILS



FACEBOOK GROUP



Class Descriptions:

Spin: Cardio indoor cycling combining speed drills, hill climbs, and intervals to increase the heart rate.

Yoga: A multi-level yoga class designed to encourage breath, balance, strength and flexibility.

HIIT (High Intensity Interval Training): A high-effort blend of conditioning and muscle building aimed at those who want to get into the gym, work hard, and get out. Emphasizing bodyweight exercises, free weights and bands.

Core Blaster: Improve core strength, power transfer, and coordination. Learn to move better while also building the body's foundation through static and dynamic exercise.

Zumba: Get fit with Latin inspired dance that will challenge your cardiovascular ability.

Warrior: A functional strength and conditioning class using various weighted and body-weight exercises.

Strength and Stability: A class based on rehabilitation and functional movement to aid in activities of daily living.

Functional Movement: Learn to move better in ways specific to activities of daily living to achieve a long, healthy, active life.

Kickboxing: A class focused on developing punching and kicking technique while pushing your cardio limits

PolyFit: Low impact Polynesian dances (Hula, Tahitian, Samoan rhythms) that focus on the core and lower body.



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