

NAVAL BASE KITSAP
BREMERTON FITNESS CENTER



GROUP FITNESS CLASSES

Hours of Operation
Monday-Friday: 4 a.m.-8 p.m.
Saturday/Sunday/Holiday: 8 a.m.-5 p.m.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	0600-0700	0530-0615 Barbell Essentials	0600-0700	0530-0615 Barbell Essentials	0930-1030	
	Yoga		Yoga		PolyFit	
					1130-1230	
					Kickboxing	
	1230-1330	1230-1315	1230-1330	1230-1315	1230-1300	
	Strength And Stability	Homeschool PE	Strength And Stability	Homeschool PE	Functional Movement	
			1630-1700			
			Kettlebell Conditioning			
	1700-1730	1700-1730	1700-1800	1700-1800	1700-1730	
	HIIT	Spin	Warrior	Spin	Core Blaster	
	1730-1800	1730-1830	1730-1830	1730-1830		
	Core Blaster	Zumba	PolyFit	Zumba		
		1730-1830		1730-1830		
		Kickboxing		Kickboxing		



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CLASS DESCRIPTIONS:

Spin: Join an intense indoor cycling class combining speed drills, hill climbs, and intervals to increase 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: Develop punching and kicking technique while pushing your cardiovascular limits.

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

Barbell Essentials: Join the weight room for a technique focused barbell class centered around the primary compound lifts like the Clean and Jerk, Snatch, Row, Deadlift, Squat, Military Press, and Bench Press.

Kettlebell Conditioning: Learn about the benefits of using Kettlebells and the different movement patterns while getting an intense cardiovascular workout.

Join Our Incentive Program at the Fitness Desk or Participate In...

Jackson Park Winter Sprint at Elwood Point | Saturday, January 25. 8am—11:30am

Collecting Hearts Cardio Challenge | February 10th through 14th. Class Times Vary

Dance for Love in the 502 Gym | Friday, February 14th. 4pm—4:30pm

Captain's Cup Push/Pull Meet | Wednesday, February 19. 4pm—7pm

Spring Into Spring challenge | Wednesday, March 19. All Day

**EVENT
DETAILS**
SCAN TO VISIT THE WEBSITE



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