

NAVAL BASE KITSAP SPORTS, FITNESS & AQUATICS

INTRO/SKILL CLASSES

*Feel more confident in our group fitness classes
with these 30-minute technique and skills classes.*

Every Thursday in February Noon-12:30 p.m.

Meet Jen in the Group X Room for some FUN!



2 FEB.

KICKBOXING

Learn the punch and kick techniques.



9 FEB.

SPIN

Learn the prop set up of the bike and the
different feels of resistance and speed.



16 FEB.

WARRIOR

Learn the proper form for movements and
the different types of weights to use in class.



23 FEB.

PUMP

Learn the proper form for movements and
the different types of weights to use in class.

**SCAN HERE
FOR DETAILS**



SAFETY FIRST

