

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		
	Yoga		Yoga		0930-1030 Zumba Gold	
	1230-1330	1230-1300	1230-1330	1230-1300 Core blaster	1230-1300	
	Strength And Stability	Plyometrics	Strength And Stability	1230-1315 Homeschool PE	Functional Movement	
		1630-1700 Kettlebell				
	1700-1730	1700-1800	1700-1800	1700-1800	1700-1730	
	HIIT	Spin	Warrior	Spin	Core blaster	
	1730-1800	1730-1830	1730-1830	1730-1830	1730-1800	
	Core blaster	Zumba	Zumba Gold	Zumba	Mobility	
	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.

Zumba Gold: A Lower-impact 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.

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

Mobility: Develop better range of motion through multi-level active– and passive total body stretching.

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

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

PE Throwback Showcase | April 2nd. 0600-1000 and 1500-1800

NOFFS Endurance | Friday, April 4th. 0800-1200

Easter Egg Hunt | Monday, April 14 through Friday April 18th. All Day

Spouse Exercise Challenge | Friday, May 9. All Day

**EVENT
DETAILS**
SCAN TO VISIT THE WEBSITE



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