


MWR-Fitness Division (NAVY REGION HAWAII)*GROUP EXERCISE SCHEDULE						
Bloch Arena Fitness Center: Tel: (808) 473-0793			NEW SCHEDULE-PLEASE NOTE CHANGES-Effective 1 August 2010			
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0600-0700	R2R Cardio Endurance BB Courts	R2R RPM 45 min Bldg 1681	NOFFS Musters at BB Courts	R2R RPM 45 min Bldg 1681	R2R Circuit Training BB Courts	
0700-0800	R2R Circuit Training BB Courts	R2R Cardio Endurance BB Courts	NOFFS Musters at BB Courts	R2R Cardio Endurance BB Courts	R2R RPM 45 min Bldg 1681	0800-0915 YOGA
0830-0930	TRX	ZUMBA	RPM (45 min)	ZUMBA	Hula Fitness	
1030-1145						1030-1145 Cardio Kick box MMX
1100-1130	ALL BALL		ABS/BACK			
1130-1230	RPM 45 min	TRX Ward Field	RPM 45 min	TRX Ward Field		
1130-1215	SHAPE Electric Cardio Bldg 1513	SHAPE Strength/Core	SHAPE Boot Camp Ward Field	SHAPE NOFFS	SHAPE Cyclefit 45 min	
1400-1500	R2R Circuit Training BB Courts	R2R Cardio Endurance BB Courts	R2R RPM 45 min Bldg 1681	R2R Cardio Endurance BB Courts		
1600-1630		Abs & Back		Abs & Back		
1630-1730		RPM 45 min		RPM 45 min	Hula	
1800-1900	ZUMBA	YOGA	Cardio Kickboxing 1800-1930	ZUMBA		
1930-2030				Belly Dance		
CLASS DESCRIPTIONS		Shaded Classes are FEE based.				
ABS & BACK - Core stabilization exercises to strengthen the lower back & abdominal muscles.						
ALL BALL - Total body workout incorporating different types of exercise balls (Pilates balls, core stability balls, etc).						
BOOT CAMP - Combines various exercise drills and intervals for both a cardiovascular & strength workout .						
BELLY DANCE - Exotic ab work-out targeted to tighten & tone your core muscles (monthly sessions).						
CARDIO KICKBOXING - Non-contact punching and kicking combinations set to high-energy music for an overall effective cardio workout.						
CARDIO KICKBOXING MMX - Non-contact punching & kicking workout includes a unique Tri-pump dumbbell sculpting segment targeted to increase your muscle strength & endurance (monthly sessions & walk-ins, see flyer for details).						
CIRCUIT TRAINING - Interval workout combining cardio and strength combinations.						
CORE - Targets and conditions trunk area to strengthen center of body.						
RPM - Indoor cycling class designed to improve cardiovascular conditioning & endurance through rhythm, performance, and music. Group energized but individually focused (you set your own level, instructor facilitates through outstanding choreography-45-50 min, dependent on track).						
ELECTRIC CARDIO - Targeted for SHAPE program; incorporates treadmills, ellipticals, and bicycle intervals in a group setting.						
HULA FITNESS - Hawaiian style workout incorporating hula moves to strengthen and tone your body.						
INTRODUCING NOFFS: Navy Operational Fitness & Fueling Series -Designed for all commands (ashore or afloat) to provide necessary tools (fitness and fueling tools) to keep our sailors "fit to fight" year around, while on IA's, or deployed on a ship or submarine.						
R2R (Return to Readiness) - Designed for all Active-Duty commands: Providing our sailors the tools to get back into standards to return to readiness and their mission essential task listing. Workouts consist of cardiovascular training (starting with a base, then improvement phase). (Endurance workouts may consist of intervals, long-runs, hills, etc. Circuit workouts include strength and endurance training).						
TRX (Total Resistance Exercise) - An outdoor workout focussed on functional training designed to engage the core and utilize full body movements (TRX device and TRX suspension frame provided in class).						
SHAPE - Senior Health and Physical Enterprise Program: For Active duty, 40 years and older, providing functional based workouts utilizing equipment and music						
YOGA - Controlled, fluid movement with elongation and breathing techniques to create flexible strength. Rev. 6/2010						
ZUMBA - Cardio workout inspired by traditional Latin dance like salsa, cumbia and merengue. You'll move fast & have fun!						
FITNESS FEES:		Ticket (1): \$3 Blue Booklet (10 tickets): \$25 Gray			Shaded Classes FEE based	
Note: Specialty classes are priced differently. See flyer for details.		NO CLASSES ON HOLIDAYS			www.greatlifehawaii.com	