

## NAVY HAWAII MWR FITNESS GROUP EXERCISE SCHEDULE

Bloch Arena at Pearl Harbor: Tel: (808) 473-0793						
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0600-700	<b>R2R</b> Cardio Endurance BB Courts	<b>R2R</b> RPM 45 min Bldg 1681	<b>R2R</b> Cardio Endurance Quick Field	<b>R2R</b> RPM 45 min Bldg 1681	<b>R2R</b> Circuit Training BB Courts	
0700-0800	<b>R2R</b> Circuit Training BB Courts	<b>R2R</b> Cardio Endurance BB Courts	<b>R2R</b> Circuit Training Quick Field	<b>R2R</b> Cardio Endurance BB Courts	<b>R2R</b> Cycling 45 min Bldg 1681	0800-0915 YOGA
0830-0930	TRX	ZUMBA	RPM (45 min)	ZUMBA	Hula Fitness	
1030-1145						1030-1145 Cardio Kickbox MMX
1100-1130	ALL BALL		ABS/BACK			
1130-1230	RPM 45 min	Outdoor Conditioning Ward Field	RPM 45 min	TRX Ward Field		
1130-1215	SHAPE Electric Cardio Bldg 1513	SHAPE Strength/Core	SHAPE Boot Camp Ward Field	SHAPE Wild Card/Flex	SHAPE RPM 45 min	
1400-1500	<b>R2R</b> Circuit Training BB Courts	<b>R2R</b> Cardio Endurance BB Courts	<b>R2R</b> RPM 45 min Bldg 1681	<b>R2R</b> 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		
<b>CLASS DESCRIPTIONS</b>		Shaded Classes are FEE based.				
<b>ABS &amp; BACK</b> - Core stabilization exercises to strengthen the lower back & abdominal muscles.						
<b>ALL BALL</b> - Total body workout with a ball.						
<b>BOOT CAMP</b> - Combines various exercise drills and intervals for both a cardiovascular & strength workout .						
<b>BELLY DANCE</b> - Exotic ab work out targeted to tighten & tone your midrift. (Monthly sessions)						
<b>CARDIO KICKBOXING</b> - Noncontact punching and kicking combinations set to high-energy music for an overall effective cardio workout.						
<b>CARDIO KICKBOXING MMX</b> - Noncontact punching & kicking workout includes a unique Tri-pump dumbbell sculpting segment targeted to increase your muscle strength & endurance. (Monthly sessions)						
<b>CIRCUIT TRAINING</b> - Interval workout combining cardio and strength combinations.						
<b>CORE</b> - Targets and conditions trunk area to strengthen center of body.						
<b>RPM</b> - Indoor class targeted to improve cardiovascular conditioning & endurance. Group energized but individually focused. (45 min.)						
<b>ELECTRIC CARDIO</b> - Targeted for SHAPE program; incorporates treadmills, ellipticals and bicycle intervals in a group setting.						
<b>FIT KIDS WORKOUT</b> - Age appropriate exercises and activities to keep your kids fit and healthy. (45 min.)						
<b>HULA FITNESS</b> - Hawaiian style workout incorporating hula moves to strengthen and tone your body.						
<b>KICKBOX INTERVALS</b> - Combination of cardio kickbox drills that also incorporates kick bags, jump ropes, etc.						
<b>OUTDOOR CONDITIONING</b> - Total body workout that includes body weight exercises outdoors.						
<b>R2R (Return to Readiness)</b> - Fitness enhancement program focusing on cardiovascular training in a progressive manner. (Endurance workouts may consist of intervals, long-runs, hills, etc. Circuit workouts include strength and endurance training.)						
<b>TRX (Total Resistance Exercise)</b> - An Outdoor workout which incorporates the TRX device for body weighted exercises.						
<b>TURBO KICKBOX</b> - High energy kickbox class set to quick beat music for a fantastic cardio workout. Non-contact.						
<b>SHAPE</b> - Senior Leadership program with exercises & music targeted to participants 40 years and older.						
<b>YOGA</b> - Controlled, fluid movement with elongation and breathing techniques to create flexible strength. <span style="float: right;">Rev. 12/2009</span>						
<b>ZUMBA</b> - Cardio workout inspired by traditional Latin dance like salsa, cumbia and merengue. You'll move fast & have fun!						
<b>FITNESS FEES:</b>		Ticket (1): \$3 Blue <b>Booklet</b> (10 tickets): \$25 Gray			Shaded Classes FEE based!	
Note: Speciality classes are priced differently. See flyer for details.				NO CLASSES ON HOLIDAYS		<a href="http://www.greatlifehawaii.com">www.greatlifehawaii.com</a>

