



# December 2024 Yokosuka Group Fitness Schedule



Fleet Rec (5F) GX Studio		Purdy Pool		Niban Tower Community Room		Fleet Rec Cycle Studio		Hawk's Nest		Purdy Pavilion	
MONDAY			TUESDAY			WEDNESDAY			No Classes Dec. 25		
8:45-9:20a	<b>BODYATTACK EXP</b> <i>with Yuka</i>	STICKER	8:30-9:30a	<b>Animal Flow</b> <i>with Yuka</i> <u>Cancelled 24th</u>	STICKER	9:00-10:00a	<b>BODYPUMP</b> <i>with Amanda</i>	STICKER			
9:00-10:00	<b>BODYPUMP</b> <i>with Mika</i> <u>Cancelled 23rd</u>	COMBO	8:45-9:15a	<b>GRIT</b> <i>with Amanda</i>	COMBO	10:00-11:00A	<b>Animal Flow</b> <i>with Yuka</i>	STICKER			
10:00-10:45	<b>BODYBALANCE</b> <i>with Mika</i> <u>Cancelled 23rd</u>	COMBO	9:00-10:00a	<b>ZUMBA</b> <i>with Sayumi</i> <u>*December 3rd Only*</u>	STICKER	10:30-11:30a	<b>ZUMBA</b> <i>with Kim</i>	FREE			
9:25-10:20a	<b>C&amp;R YOGA</b> <i>with Yuka</i>	FREE	9:15-9:45a	<b>AQUAFIT</b> <i>with Ian</i>	Reg in Adv in MyFFR	11:45-12:30p	<b>BODY BALANCE</b> <i>with Kayla</i> <u>Cancelled 4th</u>	STICKER			
5:00-6:00p	<b>BODYPUMP</b> <i>with Phil</i>	COMBO	9:25-10:15a	<b>BODY BALANCE EXP</b> <i>with Amanda</i>	COMBO	4:30-5:30p	<b>BODY BALANCE</b> <i>with Sasara</i>	STICKER			
6:10-7:00p	<b>BODYBALANCE</b> <i>with Phil</i>	COMBO	10:30-11:30a	<b>BODYPUMP</b> <i>with Yuka</i> <u>Cancelled 24th, 31st</u>	STICKER	5:00-6:00p	<b>BODY COMBAT</b> <i>with Mika</i>	COMBO			
THURSDAY			5:00-6:00p	<b>BODYPUMP</b> <i>with Amanda</i>	STICKER	6:00-6:45p	<b>BODYBALANCE</b> <i>with Phil</i> <u>Cancelled 4th</u>	COMBO			
8:30-9:30a	<b>Animal Flow</b> <i>with Yuka</i>	STICKER	FRIDAY			SATURDAY					
8:45-9:15a	<b>GRIT CARDIO</b> <i>with Amanda</i>	STICKER	9:00-10:00a	<b>BODY COMBAT</b> <i>with Mika</i>	STICKER	8:45-9:45a	<b>BODYPUMP</b> <i>with Amanda</i>	STICKER			
9:00-10:00a	<b>ZUMBA</b> <i>with Sayumi</i> <u>*December 5th Only*</u>	FREE	9:00-10:00a	<b>BODYPUMP</b> <i>with Amanda</i>	STICKER	10:00-11:00a	<b>BODY COMBAT</b> <i>with Yukari</i> <u>*Dec. 14th &amp; 28th Only*</u>	STICKER			
9:15-9:45a	<b>AQUAFIT</b> <i>With Ian</i>	Reg in Adv in MyFFR	10:00-11:00a	<b>Animal Flow</b> <i>with Yuka</i> <u>Cancelled 20th</u>	STICKER	10:00-11:00a	<b>BODY ATTACK</b> <i>with Yukari</i> <u>*Dec. 21st Only*</u>	STICKER			
10:15-11:00a	<b>BODY BALANCE</b> <i>with Kayla</i> <u>Cancelled 26th</u>	STICKER	10:30-11:30a	<b>ZUMBA</b> <i>with Kim</i> <u>Cancelled 20th &amp; 27th</u>	STICKER	SUNDAY					
10:30-11:30a	<b>BODYPUMP</b> <i>with Yuka</i>	STICKER	5:00-6:00p	<b>BODY COMBAT</b> <i>with Phil</i>	STICKER	8:45-9:45a	<b>BODYPUMP</b> <i>with Sachiko</i>	STICKER			
11:45-12:45p	<b>VINYASA YOGA</b> <i>with Yuka</i>	FREE				10:00-11:00a	<b>BODY COMBAT</b> <i>with Phil</i>	STICKER			
5:00-6:00p	<b>BODYPUMP</b> <i>with Amanda</i>	STICKER									

## Weightlifting Programs

### Functional Fitness

Location: Fleet Rec (5F) Functional Fitness Area  
Monday - Friday | 5:00 - 6:00am  
Monthly rate: \$75

### Tactical Fitness

Location: Purdy Outdoor Tactical Fitness Box  
Monday-Friday | 8:05-9:05 am  
Monday-Friday | 4:30-5:30 pm **Cancelled 23rd—31st**  
Monthly rate: \$60

### Power Hour

Location: Purdy Outdoor Tactical Fitness Box  
Monday, Wednesday, Friday  
10:00-11:00 am  
Monthly rate: \$30

### TacFit Basics

Location: Purdy Outdoor Tactical Fitness Box  
Monday & Thursday | 3:15-4:15 pm  
Monthly rate: \$20  
Cancelled 23rd—31st

### TacFit Lite

Location: Purdy Outdoor Tactical Fitness Box  
Monday-Friday | 9:10-9:45a  
Monthly rate: \$60

### Barbell Club

Location: Purdy Outdoor Tactical Fitness Box  
Tuesday & Thursday | 10:00-12:00  
Monthly rate: \$30

### Weightlifting (Olympic Lifting Techniques)

Location: Fleet Rec (5F) Functional Fitness Area  
Tuesday & Friday | 6:00 -8:00pm  
Monthly rate: \$30

## Weightlifting Programs:

### **POWER HOUR:**

Power Hour focuses on the 3 power lifts: squat, bench, and deadlift. In this class we focus on improving your technique in those lifts which will also improve your functional strength, muscular endurance, and bone density.

### **FUNCTIONAL FITNESS:**

This program combines effective coaching methods and universal scalability to teach safe functional movement patterns involved with weightlifting, gymnastics, running, rowing, and more.

### **TACFIT BASICS:**

Designed to provide an introduction to the core principles and exercises of the Tactical Fitness Program. Under guidance of experienced coaching staff, participants learn proper technique for barbell lifts, body weight exercises and cardiovascular activities.

### **TACTICAL FITNESS:**

Our Tactical Fitness program is an exciting conditioning program that balances strength work with power, speed, and agility training. If you are looking to be lean, strong and healthy this class delivers the most efficient way to improve metabolic conditioning and overall **athleticism**.

### **TACFIT LITE:**

TacFit Lite is a cross training programmed designed for the following athletes: the beginner athlete, pre, peri, and postpartum athletes, the previously injured athlete, athletes coming back from an extended break and anyone interested in becoming lean, strong and healthy.

### **THE BARBELL CLUB:**

The Barbell Club is an Olympic lifting class designed to improve your strength and technique in the Olympic lifts, the Clean and Jerk and Snatch. Our class breaks the movements down in order to practice technique while also building form and stability in the lifts. Classes include strength, technique work, accessory work and complexes.

### **WEIGHTLIFTING (OLYMPIC LIFTING TECHNIQUES):**

The Weightlifting program caters to all experience levels, from beginner lifters to elite athletes. Designed to improve lifting health by teaching proper mobility, form, technique and mindset. Movements will consist of the Snatch, Clean and Jerk and Clean variations. Modifications offered as needed.

## Group Exercise Classes:

### **AQUAFIT**

Aquafit is training on floating boards, creating greater challenge by activating your stabilizing muscles along with your movement muscles. Improve your balance and endurance with this class. **\*\*Register on MyFFR**

### **Animal Flow**

Animal Flow is ground based movement, made fun, challenging and effective. This system is designed to improve strength, power, flexibility, mobility, and coordination through many planes of motion. It is for all fitness levels.

With adjustments and modifications, you continue to build strength and mobility, and gradually master positions that may currently be a struggle.

### **CONDITIONING & RECOVERY (C&R)YOGA**

Yoga aids in muscle recovery, strengthens underused muscles and helps prevent injuries. Your journey to a stronger, fitter and more flexible body starts here.

### **LES MILLS BODYATTACK®**

A high-energy sports conditioning class with moves that cater to total beginners as well as advanced members. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. Improves coordination and agility, while maximizing cardio stamina.

### **LES MILLS BODYBALANCE®**

Ideal for anyone and everyone, LES MILLS BODYBALANCE® is a new generation yoga class that will improve your mind, your body and your life. Expect to bend and stretch through a series of simple yoga moves, elements of Tai Chi and Pilates. Instructors will always provide options for those just getting started.

### **LES MILLS BODYCOMBAT®**

A no-contact, high energy martial arts inspired workout where you punch and kick your way to fitness! No experience needed. Release stress, have a blast and feel like a champ!

### **LES MILLS BODYPUMP®**

A total body workout using light to moderate weights with many repetitions. Instructors will coach you through the moves & techniques while encouraging and motivating you to achieve a stronger, healthier body.

### **LES MILLS GRIT CARDIO®**

A 30-minute high-intensity interval training (HIIT) workout that improves cardiovascular fitness, increases speed and maximizes calorie burn. This workout uses a variety of body weight exercises and provides the challenge and intensity you need to get results fast.

### **LES MILLS RPM®**

A group indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads you through hills, flats, mountain peaks, time trials, and interval training.

### **VINYASA YOGA**

Faster paced movement connected to your breath for a strong mind and body connection, working towards your personal best balance between strength and ease. Great for medium, advanced, and athletes alike for mobility and functional fitness.

### **ZUMBA®**

A total workout, combining all elements of fitness— cardio, muscle conditioning, balance, flexibility, to boost your energy. The mix of low and high-intensity moves provides for an interval-style, calorie-burning dance fitness party.

## Group Fitness Sticker Fees

**Single Sticker: \$3**

**10 Stickers: \$25**

### Combo Classes

**Pay one \$3 single sticker get the other class free.**

## Weightlifting Program Fees

**Monthly fees vary by program**

**Drop-in Sticker\*: \$5**

**Active Duty Military Members can attend all group fitness classes free with ID**

\*Drop-ins accepted based on availability

*Schedule is subject to change*

For more information, please visit:  
**[www.navywmryokosuka.com](http://www.navywmryokosuka.com)** or  
call the Fitness Office at 241-4486

# December 2024

## Ikego GX Class Schedule

Location: Asuka Tower Community Room



### Group Fitness Sticker

#### Fees

Single Sticker: \$3

10 Stickers: \$25

#### Combo Classes

Pay one \$3 single sticker get the other class free.

Active Duty Military Members can attend all group fitness classes free with ID

*Schedule is subject to change*

For more information, please visit:

[www.facebook.com/NavyMWR Yokosuka](https://www.facebook.com/NavyMWR Yokosuka)



## Tuesday

9:00—10:00a	Zumba with Miwako <b><u>December 3rd &amp; 17th</u></b> <b><u>Only</u></b>	Free
11:30—12:30p	Gentle Yoga With Patricia <b><u>Cancelled 24th, 31st</u></b>	Free

## Wednesday

**No Class Dec. 25**

9:00-10:00	Body Pump With Mika	Sticker
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## Thursday

11:30—12:30	Vinyasa Yoga With Patricia <b><u>Cancelled 21st &amp; 28th</u></b>	Free
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## **Zumba:**

A total workout, combining all elements of fitness—cardio, muscle conditioning, balance, flexibility, to boost your energy. The mix of low and high-intensity moves provides for an interval-style, calorie-burning dance fitness party.

## **Gentle Yoga:**

A calming and restorative class designed for all levels. Designed for improved flexibility, stress relief and reconnecting with your body and mind. Gentle movements and mindful breathing practices will leave you feeling refreshed, balanced and relaxed.

## **VINYASA YOGA:**

Faster paced movement connected to your breath for a strong mind and body connection, working towards your personal best balance between strength and ease. Great for medium, advanced, and athletes alike for mobility and functional fitness.

## **LES MILLS BODYPUMP™ / Express:**

A class using light to moderate weights with many repetitions, BODYPUMP gives you a total body workout. Instructors will coach you through the moves & techniques while pumping out encouragement, motivation, and great music helping you achieve higher limits!