



September 2024 Yokosuka Group Fitness Schedule



Fleet Rec (5F) Cycling Studio		Fleet Rec (5F) GX Studio		Purdy Pool		Niban Tower Community Room		Hawk's Nest		Purdy Pavilion	
MONDAY			TUESDAY			WEDNESDAY			SATURDAY		
6:00-7:00a	BODYPUMP with Amanda Beginning Sept. 9th	STICKER	6:15-7:00a	Kickboxing with Mike Cancelled Sept 10	STICKER	9:00-10:00a	BODYPUMP with Amanda	STICKER			
8:30-9:30a	LES MILLS RPM with Kristen Cancelled Sept 23	STICKER	8:30-9:30a	Animal Flow with Yuka	STICKER	10:00-11:00A	Animal Flow with Yuka	STICKER			
8:45-9:20a	BODYATTACK EXP with Yuka	STICKER	8:45-9:15a	GRIT with Amanda	COMBO	10:30-11:30a	ZUMBA with Kim	FREE			
9:00-10:00	BODYPUMP with Mika	COMBO	9:00-10:00a	ZUMBA with Sayumi	STICKER	11:45-12:30p	BODY BALANCE with Kayla	STICKER			
10:00-10:45	BODYBALANCE with Mika	COMBO	9:15-9:45a	AQUAFIT with Ian	Reg in Adv in MyFFR	4:30-5:30p	BODY BALANCE with Sasara	STICKER			
9:25-10:20a	C&R YOGA with Yuka	FREE	9:25-10:15a	BODY BALANCE EXP with Amanda	COMBO	5:00-6:00p	BODY COMBAT with Mika/Phil	COMBO			
5:00-5:45p	LES MILLS RPM with Kristen Cancelled Sept 23	STICKER	10:30-11:30a	BODYPUMP with Yuka Cancelled Sept. 3rd	STICKER	6:00-6:45p	BODYBALANCE with Phil	COMBO			
5:00-6:00p	BODYPUMP with Phil	COMBO	11:10-11:50	SPIN with Kristen Cancelled Sept. 3 & 24	FREE						
6:10-7:00p	BODYBALANCE with Phil	COMBO	5:00-6:00p	BODYPUMP with Amanda	STICKER	8:45-9:45a	BODYPUMP with Amanda	STICKER			
THURSDAY			FRIDAY			10:00-11:00a	BODY COMBAT with Yukari Sept. 14th & 28th	STICKER			
6:15-7:00a	Kickboxing with Mike Cancelled Sept. 12	STICKER	9:00-10:00a	BODY COMBAT with Mika	STICKER	10:00-11:00a	BODY ATTACK with Yukari Sept. 7th & 21st	STICKER			
8:30-9:30a	Animal Flow with Yuka	STICKER	10:00-11:00a	Animal Flow with Yuka	STICKER	11:15-12:00p	POWER YOGA with Rie Sept. 14th & 28th Only	FREE			
8:45-9:15a	GRIT CARDIO with Amanda	STICKER	9:00-10:00a	BODYPUMP with Amanda	STICKER						
9:00-10:00a	ZUMBA with Sayumi	FREE	10:30-11:30a	ZUMBA with Kim	STICKER						
9:15-9:45a	AQUAFIT With Ian	Reg in Adv in MyFFR	5:00-5:45p	POWER YOGA with Rie Sept. 6th Only	FREE	8:45-9:45a	BODYPUMP with Sachiko	STICKER			
10:15-11:00a	BODY BALANCE with Kayla	STICKER				10:00-11:00a	BODY COMBAT with Phil	STICKER			
10:30-11:30a	BODYPUMP with Yuka	STICKER									
11:45-12:45p	VINYASA YOGA with Yuka	FREE									
3:00-3:45p	BODY BALANCE with Kayla	STICKER									
5:00-6:00p	BODYPUMP with Amanda	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
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, Wednesday, Thursday | 3:15-4:15 pm
Monthly rate: \$30

TacFit Lite

Location: Purdy Outdoor Tactical Fitness Box
Monday-Friday | 9:10-9:45a
Monthly rate: \$30

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

Schedule is subject to change

For more information, please visit:
www.navymwryokosuka.com or
call the Fitness Office at 241-4486

Weightlifting Programs:

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 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

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.

POWER YOGA

A modern-day form of classical Hatha yoga, it is a fast-paced, energetic vinyasa style of yoga that's focused on building strength and endurance. It is an excellent form of yoga for burning calories.

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.

Kickboxing

30 min of high intensity boxing to build your strength, agility and fitness level.

September 2024

Ikego GX Class Schedule

Location: Asuka Tower Community Room



Tuesday		
9:00—10:00a	Zumba with Miwako Class Cancelled Sept. 3	Free
Wednesday		
9:00-10:00	Body Pump With Mika	Sticker

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



HATHA YOGA:

In this class different poses are practiced to align, strengthen and promote flexibility in the body. A focus on breathing and being present are included as well. The focus is on simplicity, repetition, and ease of movement. Everyone is welcome.

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.

CONDITIONING & RECOVERY (C&R)YOGA:

Yoga aids in muscle recovery, strengthens underused muscles and helps prevent injuries. Include yoga as a balanced fitness routine so you can keep enjoying your favorite activities or exercises. Your journey to a stronger, fitter and more flexible body starts here.

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!