



# NSA PHILADELPHIA MWR FITNESS GROUP EXERCISE SCHEDULE

Tuesdays	Wednesdays	Thursdays
<b>BOOT CAMP</b> <b>0715</b> <b>KIM/BRI</b>	<b>PowerCORE</b> <b>&amp; More</b> <b>1115</b> <b>KIM</b>	<b>BOOTCAMP</b> <b>0715</b> <b>KIM/BRI</b>
<b>YOGA</b> <b>1115</b> <b>PAULA</b>	<b>SPIN PUMP</b> <b>1145</b> <b>BRI</b>	<b>RITMO</b> <b>LATINO</b> <b>1145</b> <b>KIM</b>
<b>TURF &amp; SURF</b> <b>1145</b> <b>BRI</b>		

**Fitness Center  
Manned Hours:**

**Mondays-Fridays  
0500-2000**

**Call for more info: 215-697-2069**

**Follow us for class updates**



**Group Class Schedule is also posted  
on our website:  
[www.navylifensap.com](http://www.navylifensap.com)**

## **TURF & SURF**

A combination of strength and conditioning training to boost your metabolism and burn fat in this quick 30-minute interval workout that includes everything from sleds, med balls, teams, & mini competitions on the turf!

Classes are held on the turf.

## **SPIN PUMP**

High intensity spinning with full body exercises. Join us on this 30-minute spin pump as we hop on and off the bike to improve both muscular and cardiovascular fitness!

To ensure a spot please arrive early, as bikes are available in a first come first serve basis. Classes are held in the group fitness room.

## **RITMO LATINO**

Join us to swing those hips and move to the Latin Rhythm! You'll dance along to the hottest Salsa, Merengue, Bachata & Reggaeton hits!

This spicy interval workout will boost your cardio endurance and get you burning up to 400 calories in 30 mins!

Classes are held in the group fitness room.

## **YOGA**

Get the blood and oxygen flowing through your body with this 60 mins yoga class. It will get you focusing on balance and awareness practicing proper alignment, and meditation. It's the perfect class that will help relieve some stress and gain tranquility.

Classes are held in the group fitness room.

## **PowerCORE & More**

Unlock your strongest core and elevate your entire body with this 30-minute workout. PowerCORE & more fuses targeted core training with full-body strength circuits and endurance-building moves. From explosive power to deep stability work, this class hits every angle to build a solid center and a stronger physique.

Classes are held on the Turf.

## **BOOTCAMP**

Challenge yourself and level up your fitness with this high-intensity 45-minute boot camp class designed to build strength, endurance, and confidence. Every class hits the whole body with dynamic circuits, powerful movements, and nonstop energy. Show up ready-- leave feeling unstoppable.

Classes are held on the Turf.