

BLDG. 2A

NAVSTA GREAT LAKES MWR | SPORTS & FITNESS

FITNESS CLASS SCHEDULE



GREAT LAKES FITNESS CENTER



MON. TUES. WED. THURS. FRI.

CLASSES AT FITNESS CENTER - BLDG. 2A

KETTLEBODY 10:15am-10:45am		KETTLEBODY 10:15am-10:45am		
INDOOR CYCLING 10:45am-11:15am	YOGA 10:45am-11:15am	INDOOR CYCLING 10:45am-11:15am	YIN YOGA 10:45am-11:15am	MONTHLY FITNESS BRIEF 12pm-12:30pm

CLASSES AT COURTS PLUS - GYM 4

	1000/500 CLUB POWERLIFTING 8:30am-9:30am		OPEN FEP 8:30am-9:30am	1000/500 CLUB POWERLIFTING 8:30am-9:30am
	PLYO-SAQ 5:15pm-5:45pm	CARDIO KICKBOXING 5:15pm-5:45pm		

OUTDOOR FIT PIT - CONSTITUTION FIELD

OPEN COMMAND PT 8:30am-9:30am	COUCH TO 5K 6:30am-7:00am	OPEN COMMAND PT 8:30am-9:30am	SHRED 10:15am-10:45am	FRIDAY FINISHER 6:30am-7:00am
COUCH TO 5K 9:30am-10:00am		COUCH TO 5K 9:30am-10:00am	COUCH TO 5K 2:30pm-3:00pm	NOFFS 10:15am-10:45am
			STRENGTH 101 5:15pm-5:45pm	
METCON 5:00pm-5:30pm	OPEN FIT PIT 2:00pm-5:00pm	OPEN FIT PIT 2:00pm-5:00pm	OPEN FIT PIT 2:00pm-5:00pm	

SIGN UP TODAY!

Open to All Hands (Active Duty, AD Dependents, Reservist, Retirees, DOD Civilians)
First Come First Serve; No Reservation Required.

MWR Fitness will be providing a variety of group fitness classes to help you achieve your fitness goals. Classes are open to eligible patrons of all fitness levels.

Patrons are responsible to hold themselves accountable to these amended policies and procedures. All other facility rules and capacity numbers still apply. If these guidelines are not followed, Fitness Staff have the authority to ask patrons to leave the facility.

Classes are subject to change.
Please check the MWR Great Lakes Facebook Page for updates/cancellations
@ NavyLifeGL.com or call the 2A Fitness Center at 847-688-5649.



Class Descriptions - Over



847-688-5649

NavyLifeGL.com

@NavyLifeGL
No Navy endorsement implied.



CLASS DESCRIPTIONS

KETTLEBODY

Build muscle and burn fat by combining kettlebell and bodyweight exercises for a high intensity full body workout that will result in you having a leaner, stronger, and well-conditioned body all within a 30 min. class that goes non-stop.

CYCLING

Join us for this 30-minute, fun music filled, mega calorie burning ride. Improve your cardiovascular and strength endurance to improve your PRT scores! Great for all fitness levels.

YOGA

Vinyasa Yoga can help lengthened and strengthen the whole body. Using breath and Flow movements help improve your mobility and reduce risk for injury.

MONTHLY FITNESS BRIEF

Once a month you can take a tour of the facility. We will go over how to use any of the equipment and answer so fitness related questions. We will also offer the Kid's Fitness Access class during this time.

CARDIO KICKBOXING

An energetic and empowering class that blends elements of traditional kickboxing/muay thai techniques with heart pumping cardio. Classes will incorporate punching and knee striking combinations, drilling movements, core strengthening, and hand-pad work. Benefits include enhanced cardio vascular endurance and improved coordination, agility, and stability. Suitable for all fitness/experience levels and a great stress relief!

Please note: All punching/kicking will be done on bag or pads- no sparring with other participants. Participants strongly encouraged to bring their own hand protection (wraps/gloves).

1000/500 CLUB POWERLIFTING

A Powerlifting focused training to help improve your squat, bench, and deadlift with expert coaching and a supportive community. Achieve a 1000 pound total for men or 500 pound total for women in the bench press, squat, and deadlift while mastering proper form and nutrition.

PLYOMETRIC + SPEED/AGILITY (PLYO-SAQ)

Focus on taking your explosive power, quick reaction skills, and overall athletic performance to the next level! Classes will include a mix of jumping, bounding, and multi-directional movements, coupled with sprinting drills. This dynamic combination not only develops cardiovascular fitness but also boosts muscle strength and responsiveness.

OPEN FEP (FITNESS ENHANCEMENT PROGRAM)

Open FEP is a Fitness class designed to help Sailors meet the PFA standards and improve their overall health and fitness standards. The class will include strength training, endurance, and recovery.

OPEN COMMAND PT

Open command PT is a class open to all commands. There will be strength training, endurance and recovery. Perfect for small commands that do not make the size for ongoing reservations. No need to sign up beforehand, but if your command is larger than 20 people please call ahead.

COUCH TO 5K

The Couch to 5k walk/run program was designed to gradually build up your strength and stamina, helping you transition from the couch to completing a 5K run. It's meant to be a fun, motivating journey to healthier you! All ages welcome, including strollers. Our goal is to run/walk the July 2nd 5k.

METCON

This metabolic conditioning class is a high-intensity workout focused specifically on improving cardiovascular fitness and endurance. Participants will engage in a variety of exercises, combining strength (DB, KB, BB, Sandbag, etc.) and aerobic (rower, assault bike, free runner, etc.) elements to maximize overall conditioning and metabolic efficiency. Expect a dynamic, challenging, and sweaty session with varied movements and intervals. Be ready to push your limits and optimize fitness gains!

SHRED

A 30 min. is high intensity workout that is perfect for anyone who wants to get a toned physique, lose body fat %, maximize athleticism, and improve conditioning. It's based on metabolic conditioning circuits that include explosive exercises like jump squats and medicine ball throws, and also speed and agility drills using cones and ladders. These workouts designed to leave you shredded.

STRENGTH 101

A foundational strength training class designed for participants of all fitness levels. Each class will start with emphasizing proper form and technique on specific strength movements (squat, deadlift, clean, press, etc.). Varying types of strength equipment will be utilized every class. These essential lifting mechanics will then be incorporated into the circuit of the day for a total body shred! Expect to develop a strong foundation, muscle tone, and functional fitness knowledge.

FRIDAY FINISHER

Burn Fat, improve endurance, and mentally refresh with our Friday Finisher workout to kick start your weekend. This high intensity full body workout targets multiple muscle groups and raises your metabolism to weekend festivities are to your benefit.

NOFFS (NAVY OPERATIONAL FITNESS & FUELING SYSTEM)

NOFFS instructs individuals on how to physically train effectively and safely by utilizing the following training components: pillar prep, movement prep, plyometrics, strength, energy systems development and regeneration, in order to target injury prevention and operational performance. Through NOFFS, individuals are able to specifically improve their functional performance during daily operations, including: lifting, pushing, pulling, carrying, aerobic/anaerobic demands, body movement skills with balance, agility and coordination.

OPEN FIT PIT HOURS

The Fit Pit will be open for eligible patrons to utilize on Tuesday, Wednesday and Thursday from 2:00pm-5:00pm.