

BLDG. 2A

NAVSTA GREAT LAKES MWR | SPORTS & FITNESS

FITNESS CLASS SCHEDULE



Begins Oct. 15th, 2024

MON.	TUES.	WED.	THURS.	FRI.
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CLASSES AT FITNESS CENTER - BLDG. 2A				
MAX - 25 PARTICIPANTS PER CLASS				
KETTLEBODY 10:15am-10:45am	INDOOR ROWING 10:15am-10:45am	KETTLEBODY 10:15am-10:45am	OPEN FEP 8:30am-9:30am	
CYCLING 10:45am-11:15am	YOGA 10:45am-11:15am	CYCLING 10:45am-11:15am	SHRED 10:15am-10:45am	
			YOGA 10:45am-11:15am	MISSION NUTRITION 12:30pm-1:30pm

CLASSES AT COURTS PLUS - GYM 4				
				OPEN COMMAND PT 6:30am-7:30am
OPEN COMMAND PT 8:30am-9:30am	1000 / 500 CLUB POWERLIFTING 8:30am-9:30am	OPEN COMMAND PT 8:30am-9:30am		1000 / 500 CLUB POWERLIFTING 8:30am-9:30am
	CYCLING 3:45pm-4:15pm		CYCLING 3:45pm-4:15pm	

GROUP FITNESS SCHEDULE

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



847-688-5649

NavyLifeGL.com

@NavyLifeGL
No Navy endorsement implied.



GREAT LAKES FITNESS CENTER

Fitness Center 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.

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.

INDOOR ROWING

Full body resistance based cardio that creates an intense caloric burn all the while remaining low impact on your joints. Designed to burn and sculpt.

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.

OPEN FITNESS ENHANCEMENT PROGRAM (FEP)

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.

MISSION NUTRITION

Mission Nutrition focuses on improving your nutritional knowledge and awareness. Each week, you will learn about a variety of every day nutrition topics and ways to improve your eating habits as well as your overall health. Topics include grocery shopping, weight control and balance, fueling for performance, the effect of emotional eating among many other relevant subjects for discussion.

