

# Naval Base San Diego Group Exercise Schedule October 2009



**TREAT YOURSELF TO A HEALTHY LIFESTYLE...**

*Exercise With Us! MWR Fitness Department, Naval Base San Diego*

**We welcome your comments, please email to: [NAVBASE San Diego Fitness](#)**

All classes are **FREE** to active duty, reservists, DOD civilians, retirees and family members. **\$3.00 fee** applies to DOD contractors and guests. Valid military I.D. or membership/receipt **must** be presented to the instructor. Instructor, classes and schedules are subject to change. For schedule confirmation, please call the facility.

**DOD contractors and guests** can pay for classes at:

The Admiral Prout Field House Gym, Bldg 3279  
556-7444

The Olde Gym, Bldg 223  
556-7450

**Fitness Station  
Bldg 3417  
556-7443**

\* Spintensity F3 & Gravity F3 classes welcome children ages 10 years and above

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>**ALL CLASSES CANCELLED 12 Oct EXCEPT FOR 1000</b></p> <p>10:00 am – 11:00 am <b>Yoga</b> <b>**19 Oct class change to Gravity Strength</b></p> <p>11:15 am – 12:15 pm <b>Hi/Lo &amp; Body Xpress</b> <b>**19 Oct class change to Creative Resist-A-Ball &amp; Core Board Training</b></p> <p>5 – 6 pm <b>Step &amp; AB Challenge</b> <b>**19 Oct class change to Creative Resist-A-Ball &amp; Core Board Training</b></p> <p>6:15-7:15 pm <b>ZUMBA</b> (Fee applies)</p>	<p>5:30 am – 6:30 am <b>Spintensity</b></p> <p>10:00 am – 11:00 am <b>Gravity Strength</b></p> <p>11:15 am - 12:15 pm <b>Creative Resist-A-Ball &amp; Core Board Training</b></p> <p>5 – 6 pm <b>Gravity Strength</b></p>	<p>10:00 am – 11:00 am <b>Yoga</b></p> <p>11:15 am - 12:15 pm <b>Step Challenge</b></p> <p>5 – 6 pm <b>Spintensity</b> <b>**14 Oct class change to Creative Resist-A-Ball &amp; Core Board Training</b></p> <p>6:15-7:15 pm <b>ZUMBA</b> (Fee applies)</p>	<p>5:30 am – 6:30 am <b>Spintensity</b></p> <p>10:00 am – 11:00 am <b>Gravity Strength</b></p> <p>11:15 am - 12:15 pm <b>Spintensity</b></p> <p>5 – 6 pm <b>Yoga</b></p>	<p>10:00 am – 11:00 am <b>Yoga</b></p> <p>11:15 am - 12:15 pm <b>Step &amp; Hi/Lo</b></p>	<p>10:30 am – 11:30 am <b>Gravity Strength F3</b></p> <p><b>**17 Oct</b> 11:45 am – 1:30 pm <b>Spintensity</b></p>

**The Olde Gym  
Bldg 223  
556-7450**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	11:00 am – 12:00 pm <b>Spintensity</b>		11:00 am – 12:00 pm <b>Crunch For Lunch</b>		

**Ask us about your Personal Wellness Profile (PWP)**

*Bring your health to new heights....*

*\$25.00 Free to Active Duty*

*\*Cardiovascular Fitness Evaluation*

\*Body Fat Composition \*Cholesterol Screening \*Stress Profile \*Nutrition Profile \*FREE Personal Training  
**556- 8471 to schedule an appointment**

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**EXERCISE CLASS DESCRIPTIONS**

All classes are FREE to active duty, reservist, retirees and family members. \$3.00 fee applies to DOD contractors & guest. \$2.00 fee applies to DOD civilians & retired DOD civilians. Valid military I.D. or membership/receipt **must** be presented to the instructor. Instructors, classes and schedules are subject to change.

**Creative Resist-A-Ball & Core Training:** Improve your cardio and coordination using a stability ball. What about strength, balance and agility? No worries--just pull out the core board!

**Crunch For Lunch:** "Build Your Own Body!" You choose your exercise level (I, II, or III) using equipment such as medicine balls, free-weights, jump ropes, etc. Various stations will be set up and ready to go for your fun and challenging workout.

**Gravity Strength:** A comprehensive, adaptable, varied resistance-training workout that is efficient, dynamic and quick. These exciting strength classes heat up all the major muscle groups for a total body workout. Each participant works at his/her chosen level of resistance, while enjoying the challenge and camaraderie of a group setting. **Gravity Strength F3 (Saturdays)** welcomes kids 10 and up!

**Hi/Lo & Body Xpress:** Enjoy 30 minutes of heart pumping traditional aerobics followed by muscle toning using free weights.

**Spintensity:** Take a great ride with us on adventurous terrains not for the faint of heart. This class will conquer towering mountains, steep hills, and heart-racing sprints that will leave you breathless. Care to take a ride?

**Step Challenge:** This step will get your spirits soaring through the stratosphere! Take your step class to new heights with our multi-level, high-energy, heart-pumping class. Are you ready to sweat?

**Step & AB Challenge:** The best of both in 1 hour! 30 minutes of heart, pumping cardio followed by abdominal training.

**Step & Hi/Lo:** Get the best of cardio in one hour with step and hi/lo.

**Yoga:** Learn basic **YOGA** poses and terminology. Together we will improve our flexibility and body awareness through a series of breathing and stretching exercises.

**CHECK OUT OUR STATE-OF-THE-ART FACILITIES**

**ADMIRAL PROUT FIELD HOUSE FITNESS CENTER**

NAVBASE Bldg. 3279

At the corner of Division St. & Norman Scott Rd.

619-556-8471 or 556-7444

Open Mon-Fri 5 am – 9 pm Sat & Sun 9 am – 5 pm

**THE OLDE GYM SPORTS & FITNESS CENTER**

NAVBASE Bldg. 223

Norman Scott Rd. near 32<sup>nd</sup> Street & next door to the Recyard

619-556-7450

Open Mon-Fri 5:30 am – 10 pm Sat/Sun 8 am – 6 pm

**MUSSEL'S**

Bldg. 1 Harbor Drive & Broadway

619-532-1341

Open Mon-Fri 5:30 am – 5:30 pm

**HARBORSIDE FITNESS COMPLEX**

NAVBASE Bldg 3477

At the corner of 12<sup>th</sup> & Kidd St. by pier 13

619-556-2064

Open Mon-Fri 5:30 am – 5:30 pm