



Group Exercise Classes



January, February & March 2011
Norfolk Naval Shipyard Portsmouth

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>6 to 7 a.m. PT4UrPRT (FEP) by request only 11:15 to 11:45 a.m. STEP CROSS TRAINING</p> <p>4:15 to 4:45 p.m. CORE FITNESS</p> <p>5 to 6 p.m. STEP CROSS TRAINING</p> <p>6 to 7 p.m. YOGA</p>	<p>6 to 7 a.m. PT4UrPRT (FEP) 11:15 to 11:45 a.m. CORE FITNESS</p> <p>5 to 6 p.m. BOOT CAMP</p> <p>6 to 7 p.m. SPIN-CYCLE</p>	<p>6 to 7 a.m. PT4UrPRT (FEP) by request only 11:15 to 11:45 a.m. STEP</p> <p>4:15 to 4:45 p.m. CORE FITNESS</p> <p>5 to 6 p.m. ZUMBA (*FF)</p>	<p>6 to 7 a.m. PT4UrPRT (FEP) 11:15 to 11:45 a.m. CORE FITNESS</p> <p>5 to 6 p.m. STEP 2 IT</p> <p>*FF= Family Friendly This class is intended for parents and children (10 & older) to workout together.</p>	<p>6 to 7 a.m. PT4UrPRT (FEP) by request only 11:15 to 11:45 a.m. INSTRUCTOR'S CHOICE</p> <p>4 to 5 p.m. SPIN</p>
				<p>NEW!</p> <p>SATURDAY</p> <p>First, third and fifth Saturday of each month 10 to 11 a.m. INSTRUCTOR'S CHOICE</p>
<p>Contact Jacqueline, Fitness Coordinator for NNSY/NMCP, at 757-967-2500 or email: jacqueline.stiffler@navy.mil for more information.</p>				

Phone: (757) 967-2500

HOURS OF OPERATION

Fax: (757) 967-2508

Monday through Friday: 5 a.m. to 8 p.m., Saturday & Sunday: 8 a.m. to 4 p.m. and Holidays: 8 a.m. to 4 p.m.

Naval Medical Center Portsmouth

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>5:30 to 6:15 a.m. SPIN "N" SCULPT</p> <p>11 a.m. to noon BODYSHAPING, *FF</p> <p>4:45 to 5:45 p.m. STEP 2 IT</p> <p>All classes held in the Building 3 Exercise Room.</p>	<p>5:45 to 6:30 a.m. SPIN-CYCLE</p> <p>12:15 to 1 p.m. CORE FITNESS</p> <p>3:30 to 4:30 p.m. STEP 2 IT</p> <p>4 to 4:45 p.m. AQUA AEROBICS (POOL)</p> <p>4:45 to 5:45 p.m. BODYSHAPING, *FF</p>	<p>5:30 to 6:15 a.m. SPIN-CYCLE</p> <p>7:15 to 8:15 a.m. PT4UrPR (bldg. 276 gym)</p> <p>11 a.m. to noon BODYSHAPING, *FF</p> 	<p>5:45 to 6:30 a.m. SPIN-CYCLE</p> <p>12:15 to 1 p.m. CORE FITNESS, *FF</p> <p>4 to 4:45 p.m. AQUA AEROBICS (POOL)</p> <p>4:45 to 5:45 p.m. BODYSHAPING, *FF</p>	<p>5:30 to 6:15 a.m. INSTRUCTOR'S CHOICE</p> <p>7:15 to 8:15 a.m. PT4UrPRT (bldg. 276 gym)</p> <p>11 a.m. to noon INSTRUCTOR'S CHOICE</p> <p>*FF= Family Friendly This class is intended for parents and children (10 & older) to workout together.</p>

NMCP Fitness Center (bldg 276) - 953-7024
Monday through Friday, 4:30 a.m. to 8 p.m.
Saturday, 8 a.m. to 4 p.m. Sunday & Holidays, 9 a.m. to 4 p.m.
Military ID is required to utilize the gym, fitness area, exercise room or pool.
NMCP civilians must show hospital ID badge.

Exercise Room (First floor, bldg 3) - 953-8106
Monday through Friday, 5 a.m. to 6 p.m.
Check out the circuit, treadmills, cross trainers, step trainers, group cycling and aerobic classes!
Proper ID required at all times.