



*NSA Philadelphia*  
**Group Fitness Schedule**  
*July*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1630 Yoga Charles	0715 Boot Camp Will	1115 Zumba Mio	1115 Zumba Mio	NO CLASSES	0915 Dance W/M.E.E Denise
1745 Dance W/M.E.E Denise	1115 Yoga Charles	1215 Circuit Will	1615 Boot Camp Will Begins on July 13		
		1745 Dance W/M.E.E. Denise	1630 Yoga Charles		

**MWR FITNESS CENTER BLDG.8**

Monday to Friday 0500-2000

Saturday/Sunday and Holidays 0800-1600

July 4<sup>th</sup>, Independence Day : CLOSED

More info call 215 697 2069

**Upcoming Events:**

- Flag Football League starts on August 21<sup>st</sup>
- Fun Color 5K Run/Walk on July 15<sup>th</sup> @930am

## *Classes Description*

**Dance w/M.E.E.** a dynamic class that promotes and encourages "Motivation... Energy and Empowerment", the core focus points that are the innate basic fundamental driving forces behind individual accomplishment, self-confidence and success. The class is centered around and built on a foundation of free-style dance with carefully coordinated rhythmic movements that utilize the benefits of aerobic and anaerobic techniques to increase the heart rate and promote caloric burn.

**Zumba** fuses international rhythms with easy-to-follow dance moves. The result is a fun and effective fitness class. You can just lose yourself in the music and find yourself in shape. Zumba dance workout classes feature exotic rhythms and high-energy Latin and international beats.

**Yoga** encourages movement and the flow of blood and oxygen through the body. Balance and awareness are necessary in order to maintain an active lifestyle. Participants will learn about the principles of alignment, posture, meditation and how to flow into the pose using breathing techniques.

**Boot Camp** a class to push your fitness to the next level. The class comprehends a mix of cardio and plyometric exercises to build endurance and speed; weight circuit to help build your strength and a tone body. All Fitness levels welcome.

**Circuit** is a fast-paced class in which you perform a series of exercises moving from a station to another. Circuit is a complete workout that will improve your body strength, endurance, cardio and body balance.

**NOFFS** ( Navy Operational Fitness & Fueling System) instructs individuals on how to physically train effectively and safely emphasizing how to specifically improve the functional performance of a Sailor during daily operations, including: lifting, pushing, pulling, carrying, aerobic/anaerobic demands, body movement skills with balance, agility and coordination training