

# GROUP X

## FITNESS CLASSES

APRIL 2024

GROUP X CLASSES ARE FREE FOR ACTIVE DUTY, RETIREES, RESERVISTS, AUTHORIZED FAMILY MEMBERS AND DOD EMPLOYEES.

CIVILIAN CONTRACTORS/AUTHORIZED GUEST MUST PAY \$5 ENTRY FEE. THIS INCLUDES FITNESS COMPLEX USE AND ALL GROUP X CLASSES FOR THE DAY.

CLASSES ARE 45-60 MIN UNLESS OTHERWISE NOTED.

CLASSES MUST HAVE MIN OF 4 PATRONS TO BE HELD.

GROUP X AND LAP SWIM WILL NOT BE OFFERED ON FEDERAL HOLIDAY.

### MONDAY

COMMAND PT (BY RESERVATION) 0600-0800  
STRENGTH 1115-1200  
ICONDITIONING 1700-1745

### TUESDAY

COMMAND PT (BY RESERVATION) 0600-0800  
SPIN 1115-1200  
MOBILITY 1200-1245  
OLYMPIC WEIGHTLIFTING 1700-1745  
ZUMBA 1830-1930

### WEDNESDAY

COMMAND PT (BY RESERVATION) 0600-0800  
STRENGTH 1115-1200  
ICONDITIONING 1700-1745  
MOBILITY 1845-1930

### THURSDAY

COMMAND PT (BY RESERVATION) 0600-0800  
SPIN 1115-1200  
MOBILITY 1200-1245  
SPIN 1700-1745  
OLYMPIC WEIGHTLIFTING 1700-1745  
ZUMBA 1830-1930

### FRIDAY

COMMAND PT (BY RESERVATION) 600-0800  
NOFFS FOUNDATIONS (EDUCATIONAL) 0700-0745  
STRENGTH 1115-1200

# NOFFS

Navy Operational Fitness and Fueling System  
A SYSTEMATIC APPROACH TO PHYSICAL FITNESS



[HTTPS://TINYURL.COM/KINGSBAYNOFFS](https://tinyurl.com/kingsbaynoffs)



NAVYMWKINGSBAY.COM



# **GROUP X FITNESS CLASSES**

## **DESCRIPTIONS**

### ***Conditioning\****

Cardiovascular training designed to meet individuals at their ability level through interval training utilizing non-impact cardio equipment (rowers, bikes, ski ergs), running, bodyweight, and submaximal load (barbells, kettlebells, dumbbells etc.).

### ***Mobility\****

Guided foam rolling, yoga-like stretching, and corrective exercise for all promoting the ability to manage stress, soreness, and restore functional movement essential to the body's ability to adapt to training.

### ***NOFFS Foundations (also offered by command request)***

NOFFS Workshop is a designed educational and practical application of NOFFS methodology/principles specifically designed for Active Duty personnel. More specifically for current and aspiring ACFLs/CFLs. As OPNAV has shifted the focus of the Physical Readiness Program (PRP) to utilize NOFFS as the evidence based collection of best practices, this weekly workshop is meant to augment the appropriate implementation of NOFFS as the standard for PT. This class will provide the science behind and demonstrate the appropriate facilitation of components such as; preparing for movement, power development, strength development, energy system development, regeneration, stress management, facilitation/coaching, programming, and foundational nutrition through both seminar and practical movement application. The primary goal being to educate fitness leaders in the best practices for physical fitness training to positively affect READINESS, RESILIENCY, RETENTION, and RECRUITMENT.

### ***Olympic Weightlifting\****

Learn the basics of the Olympic lifts, snatch and clean & jerk. The Olympic lifts are full body exercises that require precise technique to accomplish. In this class, critique and feedback for improvement will be provided. An understanding of foundational functional movements (squat, front squat, strict press, and deadlift variations) is recommended prior to attending this class, but not required.

### ***Spin***

An indoor cycling workout that focuses on endurance, strength, intervals and high intensity work. Energizing music and challenging terrain will motivate you and leave you wanting more at the end of class. This class is for all levels.

### ***Strength\****

Resistance training for all levels of fitness ability focusing on training movement patterns through large muscle mass, multi-joint exercises (think squat, bench press, deadlift, cleans, snatches, strict press, rows, and all variations) utilizing a variety of external load (barbells, kettlebells, dumbbells etc.).

### ***Zumba***

Zumba classes combine music and dance to create a dynamic calorie-burning form of workout for people of all fitness levels and age groups. This effective fitness system features aerobic training that is a fusion of slow and fast rhythms to tone and sculpt your body.

\*Denotes the utilization of the Navy Fitness and Fuels System principles to program and advance individuals overtime utilizing appropriate progressive overload to elicit specific adaptations (strength, cardiovascular function, power etc.) achieving sound functional movement (dysfunction to function) and eventually functional performance (inefficiency to efficiency) and functional skill.



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