

# NAS Patuxent 2023

# GROUP FITNESS CLASSES

**FREE** - Active Duty/Reserve, Active Duty/Reserve Dependents, and Retired Military

**\$5 per class | \$35 for 10 classes | \$60 for 20 classes** - DoD Civilians & Contractors

Time	Monday	Tuesday	Wednesday	Thursday
9:30 a.m.		<b>Moms on the Move</b> Court 2 - Drill Hall		<b>Moms on the Move</b> Court 2 - Drill Hall
11:30 a.m.		<b>HIIT the ERG</b> Court 2 - Drill Hall		<b>HIIT the ERG</b> Court 2 - Drill Hall
3:00 p.m.	<b>Mission Fit</b> Court 2 - Drill Hall	<b>Mission Fit</b> Court 2 - Drill Hall	<b>Mission Fit</b> Court 2 - Drill Hall	<b>Mission Fit</b> Court 2 - Drill Hall
4:30 p.m.	<b>HIIT the ERG</b> Court 2 - Drill Hall		<b>13 Station Foundation &amp; *Functional Movement</b> Studio A - Energy Zone	

\*Functional Movement is held on the second and fourth Wednesday of the month.

All Classes Are Drop-in. Passes can be purchased in the Fitness Office inside the Drill Hall.

**13 Station Foundation:** A total body workout incorporating strength, flexibility, speed, agility, balance and coordination. This is a 13 station circuit set to challenge yourself using various equipment including dumbbells, stability balls, BOSU, kettlebells, TRX, battle rope, medicine ball, and sliders. This efficient workout is suitable for all levels as you can work at your own pace and modify the exercises to suit your level of intensity.

**HIIT the Erg:** A heart pumping workout targeting both cardiovascular and muscular endurance. This high intensity full body interval training incorporates rowing with strength training using body weight and various equipment with short bursts of cardio on the erg. This fun workout is suitable for all levels as you can work at your own pace and accommodate the workout to suit your level of intensity. Get your sweat on and finish strong!

**Mission FIT (Functional Interval Training):** It is our Mission to make you FIT! This Active Duty geared class, uses functional movements through intervals to get your heart pumping. You can expect this class to help improve your functional performance with full body movements, that will help increase our core stability and total body strength and conditioning.

**Functional Movement:** A low impact class that focuses on mobility and flexibility, great for recovery and a change of pace workout.



Visit the Fitness Office inside Drill Hall or  
call **301-757-3943** for more info.  
[NavyMWRPaxRiver.com](http://NavyMWRPaxRiver.com)

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**NAS PATUXENT RIVER**

