

BLDG. 2A

NAVSTA GREAT LAKES MWR | SPORTS & FITNESS

GREAT LAKES FITNESS CENTER



FITNESS CLASS SCHEDULE

2022
SPRING/SUMMER
BEGINS APRIL 18

MON. TUES. WED. THURS. FRI.

CLASSES AT FITNESS CENTER - BLDG. 2A

KETTLEBODY 10:15am-11:00am	MEDBALL MANIA 10:15am-11:00am	KETTLEBODY 10:15am-11:00am	INDOOR CYCLING 8:30am-9:30am	BUNZ AND GUNZ 10:15am-11:00am
INDOOR CYCLING 11:00am-11:45am	YOGA FLOW 11:00am-11:45am	PILATES 11:00am-11:45am	HARDCORE 10:15am-11:00am	REGEN 11:00am-11:45am

OUTDOOR FIT PIT - CONSTITUTION FIELD

	BARBELL COMBINE 6:15am-7:00am	SUNRISE YOGA 6:30am-7:30am		
BUNZ AND GUNZ 4:00pm-4:30pm		FULL BODY 3:30pm-4:00pm		
OPEN 3:00pm-5:15pm	OPEN 11:00am-2:00pm	OPEN 3:00pm-5:15pm		

GROUP FITNESS SCHEDULE

SIGN UP TODAY!

Open to All Hands (Active Duty, AD Dependents, Reservist, Retirees, DOD Civilians)
First Come First Serve; No Reservation Required.

MWR Fitness will be providing a variety of group fitness classes to help you achieve your fitness goals. Classes are open to eligible patrons of all fitness levels.

Patrons are responsible to hold themselves accountable to these amended policies and procedures. All other facility rules and capacity numbers still apply. If these guidelines are not followed, Fitness Staff have the authority to ask patrons to leave the facility.

Classes are subject to change.

Outdoor Fit Pit: Weather permitting. Bring your own mat/towel and water recommended.
Please check the MWR Great Lakes Facebook Page for updates/cancellations @ NavyLifeGL.com



Class Descriptions - Over →



847-688-5649

NavyLifeGL.com

Instagram and Facebook icons @NavyLifeGL
No Navy endorsement implied.

CLASS DESCRIPTIONS

FITNESS CENTER

KETTLEBODY

Build muscle and burn fat by combining kettlebell and bodyweight exercises for a high intensity full body workout that will result in you having a leaner, stronger, and well-conditioned body all within a 30 min. class that goes non-stop.

YOGA FLOW

Vinyasa Yoga can help lengthened and strengthen the whole body. Using breath and Flow movements help improve your mobility and reduce risk for injury.

MEDBALL MANIA

A class where there is only 1 piece of equipment used. The medicine ball. Develop strength and endurance with full body movements while using a medicine ball.

INDOOR CYCLING

Join us for this 30-minute, fun music filled, mega calorie burning ride. Improve your cardiovascular and strength endurance to improve your PRT scores! Great for all fitness levels.

PILATES

Mat Pilates is done on the floor using an exercise or yoga mat, which employs controlled breathing during body weight resisted movement to build core strength. Mat Pilates helps build a strong, balanced body and increases flexibility.

HARDCORE

Class designed primarily for core exercise. Develop core strength and stability during this intense workout.

BUNZ AND GUNZ

A class where we work on our most desired muscles. Join the class to pump up those arms and feel the burn in your glutes.

REGEN

The regeneration strategies include muscle regeneration sessions to help you balance the work you put into your training sessions with movements designed to help your body recover efficiently. Think of it as keeping your body ready to face the demands of your next bout of training.

OUTDOOR FIT PIT

BUNZ AND GUNZ

A class where we work on our most desired muscles. Join the class to pump up those arms and feel the burn in your glutes.

BARBELL COMBINE

Barbell Combine is a series of strength and conditioning challenges that are centered around barbell movements such as the squat, bench, deadlift, cleans, and snatches that will be done at a high intensity level.

SUNRISE YOGA

You will encourage circulation in the muscles and train the breath for the day ahead. This is an all-levels class and is suitable for pregnant women, students who are new to yoga and de-conditioned students as well as long-time practitioners. This class may contain Hatha yoga postures, Vinyasa Krama (slow vinyasa sequences). The sequence and theme always changes so you will keep progressing in your yoga practice. Clarity, creativity, and peace of mind and body are benefits of a sunrise yoga practice because of fewer distractions prior to starting your day. Please bring your own mat.

FULL BODY

A HIIT style full body workout. With a variety of equipment and the hot sun, you're guaranteed to break a sweat.

OPEN

The Fit Pit will be open for eligible patrons to utilize on Monday & Wednesday from 3:00pm-5:15pm, and Tuesday & Thursday from 11:00am-2:00pm.