

NEW!

Group FITNESS CLASS SCHEDULE



BEGINS FEBRUARY 1ST, 2026



MONDAY

| CLASS | TIME | LOCATION |
|-----------------|-------------------|-------------------------|
| OPEN COMMAND PT | 8:30-9:30 AM | COURTS PLUS-GYM 4 |
| KETTLEBODY | 10:15-10:45 AM | FITNESS CENTER -BLDG 2A |
| CYCLING | 10:45-11:15 AM | FITNESS CENTER -BLDG 2A |
| PILATES | 11:30 AM-12:00 PM | FITNESS CENTER -BLDG 2A |

TUESDAY

| | | |
|----------------------|----------------|-------------------------|
| HIIT | 8:30-9:30 AM | COURTS PLUS-GYM 4 |
| NOFFS ESD | 10:15-10:45 AM | FITNESS CENTER -BLDG 2A |
| STRETCH AND MOBILITY | 10:45-11:15 AM | FITNESS CENTER -BLDG 2A |

WEDNESDAY

| | | |
|-----------------|-------------------|-------------------------|
| OPEN COMMAND PT | 8:30-9:30 AM | COURTS PLUS-GYM 4 |
| KETTLEBODY | 10:15-10:45 AM | FITNESS CENTER -BLDG 2A |
| CYCLING | 10:45-11:15 AM | FITNESS CENTER -BLDG 2A |
| PILATES | 11:30 AM-12:00 PM | FITNESS CENTER -BLDG 2A |

THURSDAY

| | | |
|----------------------|-------------------|-------------------------|
| SHRED | 10:15-10:45 AM | FITNESS CENTER -BLDG 2A |
| STRETCH AND MOBILITY | 10:45-11:15 AM | FITNESS CENTER -BLDG 2A |
| HIIT | 11:45 AM-12:30 PM | COURTS PLUS-GYM 4 |

FRIDAY

| | | |
|-------------------|---------------|-------------------------|
| MISSION NUTRITION | 8:30-9:30 AM | FITNESS CENTER -BLDG 2A |
| MISSION NUTRITION | 12:30-1:30 PM | FITNESS CENTER -BLDG 2A |

Open to All Hands

(Active Duty, AD Dependents, Reservist, Retirees, DOW 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.

Classes are subject to change.
Please check the MWR Great Lakes Facebook Page for updates and cancellations @ NavyLifeGL.com or call the 2A Fitness Center at 847-688-5649.

Recommendations:

- Please arrive 5 minutes before scheduled start time.
- Bring a water bottle, towel and mat.



Class Descriptions - Over →

CLASS DESCRIPTIONS

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.

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.

SHRED

A 30 min. is high intensity workout that is perfect for anyone who wants to get a toned physique, lose body fat %, maximize athleticism, and improve conditioning. It's based on metabolic conditioning circuits that include explosive exercises like jump squats and medicine ball throws, and also speed and agility drills using cones and ladders. These workouts designed to leave you shredded.

MISSION NUTRITION

A one hour mini course that offers a variety of every day nutrition topics and ways to improve your eating habits as well as your overall health. *NOTE: The full standardized Mission Nutrition course consist of 12 modules. The mini course covers one module per class. Participant must complete all (12)-modules in order to receive full credit for course.

OPEN COMMAND PT

Open command PT is a class open to all commands. There will be strength training, endurance and recovery. Perfect for small commands that do not make the size for ongoing reservations. No need to sign up beforehand, but if your command is larger than 20 people please call ahead.

PILATES

A low-impact exercise focusing on core strength, flexibility, and overall body awareness. Great for improving posture, targeting specific muscle groups, adding better stabilization to gross everyday movements and compound lifts which can also add to better prevention of injuries.

HIIT

(High Intensity Interval Training)

A fast-paced class that alternates between short bursts of intense activity and rest. Effective for burning fat, building muscle, and improving cardiovascular fitness.

STRETCH AND MOBILITY

Focuses on flexibility, joint mobility, and reducing the risk of injury. A great option for recovery and/or improving range of motion.

NOFFS Energy Systems Development (ESD)

Movements and modalities designed to target and develop our energy systems and is an effective way to burn calories. Training zones are the building blocks of the interval workouts. Each cardio workout consists of one or more training zones; each zone represents a level of effort.