

NEW!

Group FITNESS CLASS SCHEDULE



BEGINS OCTOBER 6TH, 2025

SIGN UP TODAY!

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.

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

Class Descriptions - Over ➔

MONDAY

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

TUESDAY

INDOOR ROWING CLUB	10:15-10:45 AM	FITNESS CENTER-BLDG 2A
YOGA	10:45-11:15 AM	FITNESS CENTER-BLDG 2A
NSGL POWERLIFTING CLUB	11:45 AM-12:30 PM	COURTS PLUS-GYM 4
RUN CLUB	12:00-1:00 PM	COURTS PLUS-GYM 4

WEDNESDAY

KETTLEBODY	10:15-10:45 AM	FITNESS CENTER-BLDG 2A
CYCLING	10:45-11:15 AM	FITNESS CENTER-BLDG 2A
RUN CLUB	7:00-7:45 AM	COURTS PLUS-GYM 4
OPEN COMMAND PT	8:30-9:30 AM	COURTS PLUS-GYM 4

THURSDAY

SHRED	10:15-10:45 AM	FITNESS CENTER-BLDG 2A
YOGA	10:45-11:15 AM	FITNESS CENTER-BLDG 2A
NSGL POWERLIFTING CLUB	11:45 AM-12:30 PM	COURTS PLUS-GYM 4

FRIDAY

MISSION NUTRITION	8:30-9:30 AM	FITNESS CENTER-BLDG 2A
MISSION NUTRITION	12:30-1:00 PM	FITNESS CENTER-BLDG 2A

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.

INDOOR ROWING

Full body resistance based cardio that creates an intense caloric burn all the while remaining low impact on your joints. Designed to burn and sculpt.

YOGA

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

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.

NSGL POWERLIFTING CLUB

A Powerlifting focused training to help improve your squat, bench, and deadlift with expert coaching and a supportive community. Achieve a 1000 pound total for men or 500 pound total for women in the bench press, squat, and deadlift while mastering proper form and nutrition.

RUN CLUB

You can be a beginner or advanced runner. Just a simple meet up to walk/run around the track. Walkers/Strollers are welcome.

