

NEW!*Group*

FITNESS CLASS SCHEDULE



UPDATED AUGUST 10TH, 2026

**MONDAY**

CLASS	TIME	LOCATION
KETTLEBODY	10:15-10:45 AM	FITNESS CENTER -BLDG 2A

TUESDAY

HIIT	8:30-9:00 AM	OUTDOOR FIT PIT
YOGA	10:45-11:15 AM	FITNESS CENTER -BLDG 2A
LIFT+RUN HYBRID	11:00-11:45 AM	OUTDOOR FIT PIT
WARRIOR STRENGTH & POWER	12:00-1:00 PM	COURTS PLUS-BLDG 4

WEDNESDAY

KETTLEBODY	10:15-10:45 AM	FITNESS CENTER -BLDG 2A
CYCLING	10:45-11:15 AM	FITNESS CENTER -BLDG 2A

THURSDAY

OPEN COMMAND PT	8:30-9:30 AM	OUTDOOR FIT PIT
SHRED	10:15-10:45 AM	OUTDOOR FIT PIT
WARRIOR STRENGTH & POWER	12:00-1:00 PM	COURTS PLUS-BLDG 4

FRIDAY

MISSION NUTRITION	8:30-9:30 AM	FITNESS CENTER -BLDG 2A
MISSION NUTRITION	12:30-1:30 PM	FITNESS CENTER -BLDG 2A
1000/500 LBS CLUB	10:00-11:00 AM	COURTS PLUS-BLDG 4

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.

Contact your MWR Fitness Instructor @ 847-688-3994

- Nicole Knight
- Brendan Taylor
- Sean Flahaven
- Jerrick Fabro



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 30-minute. Class that goes non-stop.

CYCLING

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

YOGA

Yoga can help lengthen and strengthen the whole body through breathwork and flow movements that help to improve your mobility and reduce risk for injury.

SHRED

A 30-minute 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 are 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. These mini courses cover one module per class. Participant must complete all (12)-modules in order to receive full credit for course.

OPEN COMMAND PT

A Physical Training class open to all commands. There will be strength training, endurance and recovery. Perfect for small commands that do not meet size requirements for recurring reservations. No need to sign up beforehand. If your command is larger than 20 people, it is recommended to call ahead.

HIIT

Cardio conditioning is based on speed and agility drills, plyometrics, circuit training, high-intensity interval training (HIIT), and tabata-style. Strength training with the barbell and/or your body weight along with intense core focus rounds out this cardio-crushed, fat-burning class.

LIFT + RUN HYBRID

Our LIFT + RUN HYBRID class builds a stronger, faster you by combining weightlifting and running into a single, efficient workout. In each session, you will build muscle and improve your cardio, making this the perfect training for fitness races like HYROX and Deka Fit. By developing both strength and endurance, you'll get a balanced, full-body workout that helps prevent injuries and is scalable for all fitness levels.

WARRIOR STRENGTH & POWER

Warrior Strength and Power class is a dynamic, full-body group fitness session. A high-intensity cardiovascular interval block and a targeted mobility- and strength-building block using body weight, barbell compound movements, dumbbells or resistance bands to sculpt muscles and maximize calorie burn.

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.



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