

U.S Naval Station Guantanamo Bay, Cuba

Fall Group Exercise Schedule



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
0530					Group Cycling Jean	0800-Barre Sarah	
0600		Yoga Carrie				0900-Step N' Sculpt Everton	
0900	Body & Bar Everton	Zumba Jean	Family Fitness Everton	Yoga Carrie	Total Kettlebell Everton	1000 Group Cycling Anthony	
1130	Cardio Blast Express (30 min) Giulia		Cardio Blast Express (30 min) Giulia		Core Assault (30 min) Carl	1100-Zumba Francisco	
1200	Flexibility & Mobility (30 min) Giulia	Trainer's Floor Time From 1200-1400					Max Performance Pete
1300	Senior Fitness Everton		Senior Fitness Everton			1500 - Kickboxing Carl	
1700		Abs & Glutes (30 min) Giulia		Abs & Glutes (30 min) Giulia			
1730	Core Assault (30 min) Giulia	TRX Carl	Core Assault (30 min) Jean	Cardio Kickboxing Carl			
1800	Cardio Kickboxing Carl		Cardio Kickboxing Carl		Cardio Kickboxing Carl		
1830	Group Cycling Jean Max Performance Pete	Zumba Jean Max Performance Troy	Group Cycling Jean Max Performance Pete	Zumba Jean Max Performance Troy	Group Cycling Anthony Max Performance Pete	Location Legend Group Exercise Room Cycling Room Multi-Purpose Field Max Performance Pad Denich Fitness Center	
1900		SAQ (75 min) Everton		SAQ (75 min) Everton			
1930		Power Yoga Nancy		Flexibility & Mobility (30 min) Giulia	Power Yoga Nancy		

Schedule Effective September 23rd

Every class is one hour unless otherwise noted.

Request one of our instructors for your next Command PT! Reservations available at the Front Desk.

For any questions, please contact the Fitness Office at x2157 or Front Desk at x2740.

Abs & Glutes: A 30 minute express class targeted to work those 2 parts of the body which are the "most wanted".

Barre: Barre classes blend elements of Pilates, yoga, aerobics, and ballet into a group fitness atmosphere. Classes provide a low- or no-impact full body workout that is accessible to all ages and fitness levels. All of the exercises focus on functional body movements, utilizing each individual's full range of motion, and achieving proper alignment from head to toe.

Body & Bar: A total body barbell workout that incorporates the latest trends in resistance training. All skill levels welcome.

Cardio Blast: A class that focuses on cardio activities that will keep the heart rate around 80% of its capacity. This class will use the concept of cross training focused around "cardio killer" activities. Activities include rowing, outdoor running, cycling, plyometric exercises, jumping rope, high intensity body weight exercise and more.

Cardio Kickboxing: A high energy, high impact blend of kicks and punches set to upbeat music. This class is the perfect combination of martial arts, boxing, and cardiovascular training.

Command PT: Utilize our trainers and our spaces to get your command in tip top shape. Choose a class from our schedule or plan your own command PT by reserving equipment, fields and courts at Cooper Complex. Reservations are required and must be made at least one week in advance at the front desk.

Core Assault: A strong core is essential for total body fitness. Core Assault is designed to strengthen and tone your entire core. Embrace the challenge and step out of your comfort zone.

Family Fitness: Children are welcome to attend this class with mom and/or dad. Workouts may vary depending on number of participants.

Flexibility& Mobility: A class based on deep stretching and movements targeted to balance muscle strength, avoid muscle stiffness and imbalances. This class uses body movements drills, bands, and blocks to improve muscle flexibility and range of motion to achieve injury prevention and pain reduction.

Group Cycling: This class is a great cardiovascular workout. Pedal through hill climbs and sprints. All levels are welcome. Remember to bring a towel and water bottle!

Kickboxing: This class will focus more on striking and kicking techniques and will utilize pads to

Max Performance: This is a High Intensity Interval Training class. We focus on improving your physical strength, endurance, speed, and overall fitness in this class. The instructor designs workouts combining free weights and body movements. Open to ages 18+. All levels of fitness welcome.

Senior Fitness: This class is designed to encourage GTMO's senior residents to increase their strength and enhance daily living skills. A chair is offered for support.

Speed/Agility/Quickness (SAQ): Designed for the athlete in all of us! Station to station training helps you improve speed, agility, and power. These are all necessary components to bring out the best athlete in you.

Step n' Sculpt: This class offers heart-pumping step aerobics routines combined with strength training intervals to give you a complete cardio and weights workout. This is an excellent cross-training class for all skill and fitness levels.

Total Kettlebell: This specialized class incorporates kettlebell training and ballistic (explosive) movements. All skill levels welcome.

Trainer's Floor Time: Are you new to the gym and unsure how to use the machines? Are you interested in perfecting your form? Our trainers are here to help! They will be walking the gym floor willing to answer any of your questions and offer up a spot on the bench press if you need it.

TRX: This suspension training class delivers a fast and effective total body workout that builds a rock solid core, as well as increases muscular endurance to benefit people of all fitness levels.

Yoga: Modern vinyasa style yoga that links breath to movement. Suitable for all levels: beginner, intermediate, and advanced practitioners. Vinyasa yoga promotes increased flexibility, cardiovascular conditioning, calorie burn, mental focus, and muscle development and toning while helping to maintain connective tissue, a healthy posture, and strong bones

Relaxation Yoga: Yoga builds a strong body, mind, and spirit. This class incorporates yoga postures, breathing exercises, and a mindful focus to improve balance, strength and flexibility. Additional yoga equipment is offered to safely perform exercises, while relaxation will promote stress reduction and mental clarity.

Zumba: This dance party will take your mind off the workout and keep you focused on the FUN! With a mix of music and different dance styles, this class will have you dripping sweat and coming back for more.