CLASS DESCRIPTIONS

Short Circuit
45 minutes of cardio/strength stations.

Cardio Blast
30 minute class rotating between cycle, treadmill, elliptical & rowing along with other creative cardio options changing up each week to keep you interested while building up your heart health!

Core Conditioning
A powerful hour of strenthening your core which includes abdominals, legs, arms & back muscles. Core strength is essential for improving posture, balancing the body, preventing injury and supporting all movement from the occupational to the athletic.

Functional Fitness
45 minutes of interval workouts with a focus on daily movements such as pulling, lifting & twisting to strengthen and improve overall functionality.

Cycle
45 minutes of cycling including sprints, hills & more.

Total Body Strength
1 hour multi-level resistance training class using a combination of weights, bands, bars, Bosu, and stability balls to strengthen the entire body. Relieve your stress!

Rise & Grind
Start the day with a short, 30 minute, full-body interval/circuit workout to get your blood flowing, muscles activated & mind relaxed to get you through the grind of the day.

Splash
1 hour of shallow & deep water workout with water weights & floatation belts to maximize resistance.

www.navymwrsingapore.com
www.facebook.com/SingaporeFFR

PERSONAL TRAINING

Individual Options

Initial Assessment (1 person) $25

(1) One 1-Hour Session
Novice PT (0-2 years) - $30
Intermediate PT (2-4 years) - $35
Advanced PT (4+ years) - $40

3) Three 1-Hour Sessios
Novice PT (0-2 years) - $70
Intermediate PT (2-4 years) - $80
Advanced PT (4+ years) - $90

(5) Five 1-Hour Sessions
Novice PT (0-2 years) - $100
Intermediate PT (2-4 years) - $115
Advanced PT (4+ years) - $125

(10) Ten 1-Hour Sessions
Novice PT (0-2 years) - $175
Intermediate PT (2-4 years) - $200
Advanced PT (4+ years) - $225

Group Options

Based on Novice PT (0-2 years)

2 people - (1) One 1-Hour Session - $50/group
(3) Three 1-Hour Sessions - $130/group
(5) Five 1-Hour Sessions - $190/group
(10) Ten 1-Hour Sessions - $340/group

3 people - (1) One 1-Hour Session - $60/group
(3) Three 1-Hour Sessions - $180/group
(5) Five 1-Hour Sessions - $270/group
(10) Ten 1-Hour Sessions - $495/group

4 people - (1) One 1-Hour Session - $80/group
(3) Three 1-Hour Sessions - $220/group
(5) Five 1-Hour Sessions - $340/group
(10) Ten 1-Hour Sessions - $640/group

Email: mwrsingaporestaff@outlook.com
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SINGAPORE
AREA COORDINATOR



Group eXercise
& PERSONAL TRAINING

HOURS
Monday - Friday 5am - 8pm
Saturday - Sunday 8:30am - 5:30pm
U.S. Holidays 10am - 3pm

Revised
November 2019

MWR FITNESS

MWR FITNESS

SINGAPORE AREA COORDINATOR - Fleet Fitness Center

GROUP EXERCISE SCHEDULE

Classes are programmed according to customer demand and instructor availability. Class format is subject to change. Per U.S. Navy Fitness Standards, all classes are free for U.S. Active Duty and Reservists. MWR designates and offers 4 free weekly group exercise classes to U.S. Active Duty Dependents and Retired U.S. Military. All other classes are fee based. All authorized users may purchase a Punch Card or Pay Per Class. The Punch Card is non-refundable, but it is transferable and expires 6 months from date of purchase.

GROUP EXERCISE CLASSES ARE CANCELED ON U.S. FEDERAL HOLIDAYS.

6750-2482

FITNESS FEES

SINGLE TICKET - $3

PUNCH CARD (20 CLASSES) - $30

FEES ARE IN USD

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 AM	Running Club @ TC Field - 0600		WellBeats (Fit for Duty)		Functional Fitness @ FFC - 0630 45min	
7 AM	Command PT Field/Gym**	Command PT Field/Gym**	Command PT Field/Gym**	Command PT Field/Gym**	Command PT Field/Gym**	
8 AM		Cardio Blast @ FFC - 0830 30min		Cardio Blast @ FFC - 0830 30min		
9 AM	Rise & Grind @ FFC - 0930	Total Body Strength	Core Conditioning @ FFC	Total Body Strength	Rise & Grind @ FFC - 0930	
10 AM						Splash @ TC pool 1 hour
11 AM	WellBeats (Dance)	Short Circuit @ FFC - 1130 45min	WellBeats (Dance)	Short Circuit @ FFC - 1130 45min	WellBeats (Dance)	
4 PM		Cycle @ FFC 1645 45min class		Cycle @ FFC 1645 45min class		
5 PM		Yoga @ FFC		Yoga @ FFC		

** Upon request

Indicates Fee-Based Class

Indicates Free Class for:
U.S. Active Duty Dependents
U.S. Retired Military
DoD Civilians & Dependents

All classes free for all active duty and reservists

Minimum age for group exercise classes is 15, except for Tennis, which is limited to those age 18 & up.

In addition to group exercise classes, the Fleet Fitness Center has many virtual instructor-based courses available during operating hours. Some of these courses include Stomp Step series, Fusion mind/body series, Kinetic series, Vibe Dance series, and many more!!! Come check it out!

Email: mwrsingaporestaff@outlook.com / mwrsgfitness@outlook.com Phone: +65 6750-2482