

# 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 strengthening 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.

## Shred eXpress

Transform your body with 45 minutes of strength training focused low weights & high repetitions.

# PERSONAL TRAINING

Initial Assessment (1 person) - \$25

## Session Fees

One 1-Hour Session - \$30

Three 1-Hour Sessions - \$70

Five 1-Hour Sessions - \$100

Ten 1-Hour Sessions - \$175

# SINGAPORE AREA COORDINATOR



# Group eXercise

## & PERSONAL TRAINING

### HOURS

Monday - Friday 5am - 8pm

Saturday - Sunday 8:30am - 5:30pm

U.S. Holidays 10am - 3pm

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[www.facebook.com/SingaporeFFR](http://www.facebook.com/SingaporeFFR)

# 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.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 AM	Running Club @ TC Field - 0600				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		Short Circuit @ FFC - 1130 45min		Short Circuit @ FFC - 1130 45min		
12 PM					Shred eXpress @ FFC 45min class	
4 PM	Cycle @ FFC 1645 45min class		Cycle @ FFC 1645 45min class			
5 PM		Yoga @ FFC 45min class		Yoga @ FFC 45min class		

\*\* 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

6750-2482

FITNESS FEES

SINGLE TICKET - \$3

PUNCH CARD  
(20 CLASSES) - \$30

FEES ARE IN USD

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!

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