# **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.

### Shred eXpress

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

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

# **PERSONAL TRAINING**

Initial Assessment (1 person) - \$25

Session Fees
One 1-Hour Session - \$30

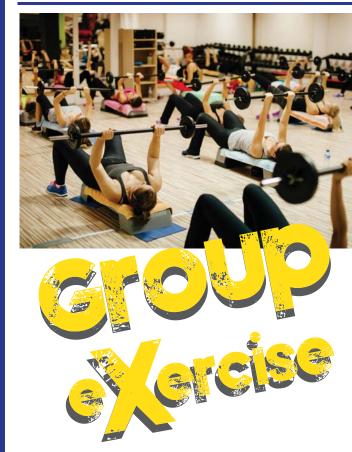
Three 1-Hour Sessions - \$70

Five 1-Hour Sessions - \$100

Ten 1-Hour Sessions - \$175

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

# **SINGAPORE** AREA COORDINATOR



# **& PERSONAL TRAINING**

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



# **AREA COORDINATOR - Fleet Fitness Center**

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

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

# 6750-2482

SINGLE TICKET - \$3 \SSES) - \$30

FEES ARE IN USD

	Monday Tuesday V	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		FFC lass		Yoga @ FFC 45min class	1	
**						

**Upon request** 

**Indicates Free Class for:** 

Indicates Fee-Based Class

**U.S. Retired Military U.S. Active Duty Dependents** 

duty and reservists All classes free for all active **DoD Civilians & Dependents** 

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

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

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