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)

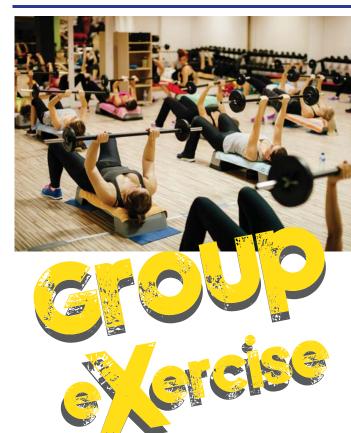
2 people - (1) One 1-Hour Session - \$50/group (3) Three 1-Hour Sessions - \$130/group (5) Five 1-Hour Sessions - \$190/group (10) Ten 1-Hour Sessions - \$340/group

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 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

GROUP EXERCISE SCHEDULE

is non-refundable, but it is transferable and expires 6 months from date of purchase. 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 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

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

5 PM	4 PM	11 AM	10 AM	9 AM	8 AM	7 AM	6 AM	
		WellBeats (Dance)		Rise & Grind @FFC-0930		Command PT Field/Gym**	Running Club @ TC Field - 0600	Monday
Yoga @ FFC - 1730	Cycle @ FFC 1645 45min class	Short Circuit @ FFC - 1130 45min		Total Body Strength	Cardio Blast @ FFC - 0830 30min	Command PT Field/Gym**		Tuesday
		WellBeats (Dance)		Core Conditioning @ FFC		Command PT Field/Gym**	WellBeats (Fit for Duty)	Wednesday
Yoga @ FFC - 1730	Cycle @ FFC 1645 45min class	Short Circuit @ FFC - 1130 45min		Total Body Strength	Cardio Blast @ FFC - 0830 30min	Command PT Field/Gym**		Thursday
		WellBeats (Dance)		Rise & Grind @ FFC - 0930		Command PT Field/Gym**	Functional Fitness @ FFC - 0630 45min	Friday
			Splash @ TC pool 1 hour					Saturday

^{*} 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.

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! In addition to group exercise classes, the Fleet Fitness Center has many virtual instructor-based