

BLDG. 2A

GREAT LAKES FITNESS CENTER

2021

FITNESS CLASS SCHEDULE



MON.

TUES.

WED.

THURS.

FRI.

STARTING NOV. 1

KETTLEBODY 10:15am-11:00am	MEDBALL MANIA 10:15am-11:00am	KETTLEBODY 10:15am-11:00am	HARDCORE 10:15am-11:00am	BUNZ AND GUNZ 10:15am-11:00am
INDOOR CYCLING 11:00am-11:45am	YOGA FLOW 11:00am-11:45am	PILATES 11:00am-11:45am	INDOOR CYCLING 11:00am-11:45am	HIGH ROLLER (FOAM ROLLING) 11:00am-11:45am

CLASS DESCRIPTIONS

KETTLEBODY

Build muscle and burn fat by combining kettlebell and bodyweight exercises for a high intensity full body workout that will result in you having a leaner, stronger, and well-conditioned body all within a 30 min. class that goes non-stop.

INDOOR CYCLING

Join us for this 30-minute, fun music filled, mega calorie burning ride. Improve your cardiovascular and strength endurance to improve your PRT scores! Great for all fitness levels.

MEDBALL MANIA

A class where there is only 1 piece of equipment used. The medicine ball. Develop strength and endurance with full body movements while using a medicine ball.

YOGA FLOW

Vinyasa Yoga can help lengthened and strengthen the whole body. Using breath and Flow movements help improve your mobility and reduce risk for injury.

PILATES

Mat Pilates is done on the floor using an exercise or yoga mat, which employs controlled breathing during body weight resisted movement to build core strength. Mat Pilates helps build a strong, balanced body and increases flexibility.

HARDCORE

Class designed primarily for core exercise. Develop core strength and stability during this intense workout.

BUNZ AND GUNZ

A class where we work on our most desired muscles. Join the class to pump up those arms and feel the burn in your glutes.

HIGH ROLLER (FOAM ROLLING)

Learn movements that focus on soft tissue self-massage utilizing a foam roller and trigger point ball, as well as flexibility routines to maximize your athletic ability and accelerate recovery. This class will help to re-balance the length and tension of your muscles, break up knots and reduce stiffness, and increase circulation to flush your system and re-energize your body.

General Info Training Session:

- Monday to Friday: 10:15am-11:45am.
(2) - 45 minute Group Classes per day.
- Location: Bldg 2A Fitness Center (Group Fitness Studio).
- Open to All Hands (Active Duty, AD Dependents, Reservist, Retirees, DOD Civilians).
- Max 15 participants per class.
- First Come First Serve; No Reservation Required.
- Face Masks are required to be worn throughout entire class.
- Maintain at least 10 feet physical distancing throughout entire training session.
Each participant will be provided a 10'x10' designated space.
- Facility Check-In: Required 100% ID Check and iPad Log entry.
- For tracking purposes, inform Front Desk Staff you will be attending a group fitness class.
 - If space is available, MWR Fitness Staff will direct you to the Group Fitness Studio.
 - If class is filled and facility is within capacity restrictions, patron will be allowed to utilize general fitness spaces.



847-688-2171

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No Navy endorsement implied.