



Spring 2024

Fitness Schedule

All classes are free and held at The Fitness Center unless otherwise stated.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
H.I.I.T. 5:45AM-6:30AM Morton Hall Aquasize 9:30AM-10:30AM The Pool	Vinyasa Yoga 7:00AM-8:30AM <i>(Starting the week of 4/29)</i>	H.I.I.T. 5:45AM-6:30AM Morton Hall	Vinyasa Yoga 7:00AM-8:30AM <i>(Starting the week of 4/29)</i>	H.I.I.T. 5:45AM-6:30AM Morton Hall
H.I.I.T. 11:15AM-12:00PM Vinyasa Yoga 12:00PM-1:00PM <i>(Starting the week of 4/29)</i>	Thighs the Limit 11:15AM-12:00PM NOFFS Aquatics 12:15PM-1:00PM The Pool	Aquasize 11:00AM-12:00PM The Pool H.I.I.T. 11:15AM-12:00PM	Yoga 11:15AM-12:00PM NOFFS Aquatics 2:15PM-3:00PM The Pool	Aquasize 8:00AM-9:00AM The Pool Kick Core & More 11:15AM-12:00PM
F.E.P. 3:15PM-4:00PM	TRX 3:15PM-4:00PM	F.E.P. 3:15PM-4:00PM	TRX 3:15PM-4:00PM	
Family H.I.I.T. 4:30PM-5:15PM	Yoga 4:15PM-5:15PM	H.I.I.T. 4:30PM-5:15PM	Restorative Yoga 4:15PM-5:15PM	

Personal Training & Wellness Sessions Available by Appointment Only.

Wellness sessions will focus on goal setting, fitness plans and healthy living.

All classes are subject to change.
 Please arrive 5 minutes before class begins.
 Modifications are available in all classes.
For any questions call: 860-694-3521.

CLASS DESCRIPTIONS

<p>Restorative Yoga: Slow-paced, gentle, and open to people of all ability levels. We stay on the floor in seated and reclined poses only, and each pose is fully supported by props to promote deep relaxation. Breath-work and meditation techniques are also woven into the practice.</p>	<p>Yoga: Classes offer a balanced mind and body practice, and well round sequence offering flexibility and wellness within the mind and body.</p> <p>TRX: Suspension training using your own body weight as resistance. The instructor will guide the class through a full body workout.</p>	<p>Vinyasa Yoga: The practice of combining breath and movement as a moving meditation that brings union to the mind, body, and spirit. Offering a vigorous practice that balances Vinyasa flows with a calm stillness of the mind. This will help you build strength and flexibility through safe, mindful movement.</p>
<p>H.I.I.T. / Family H.I.I.T: High Intensity Interval Training; short bursts of high intensity training with short rests in between. For a fat-blasting dynamic workout modified for people of all ages.</p>	<p>Thighs the Limit: Your new favorite leg day workout. Utilizing resistance training equipment and body weight, you will have fun building, sculpting, and toning muscles of the legs and core.</p>	<p>NOFFS Aquatics: A strength and conditioning program that is used in water-based environments. Each training phase is designed to enhance muscular strength, and power while decreasing stress and pressure placed upon the body.</p>
<p>FEP: Fitness Enhancement Program Training using body weight and hand held weight exercises. Cardio conditioning using machines, the track, or small space (rope jump, etc.).</p>	<p>Kick Core & More: A fun, innovative class incorporating cardio kickboxing moves, and traditional core exercises. Designed especially for the core muscles, all around strength and conditioning for the lower back, oblique's, abdominals and much more.</p>	<p>Aquasize: This class is designed to improve flexibility, range of motion, strength, muscle tone & cardiovascular endurance, while using the resistance of the water to cushion the feet, knees and back.</p>

MWR FITNESS & SPORTS INFORMATION

FACILITIES

MORTON HALL - BLDG 169 860-694-3521

Mon-Thu: 5:00AM to 8:00PM
Fri: 5:00AM to 7:00PM
Sat-Sun: 8:00AM to 4:00PM
Holidays: 8:00AM to 2:00PM

Athletic Director - Kevin Boedigheimer
kevin.d.boedigheimer.civ@us.navy.mil

Fitness Coordinator - Anji Webb
angela.L.webb.naf@us.navy.mil

Sports Coordinator - Kyle Pelletier
kyle.c.pelletier.naf@us.navy.mil

THE FITNESS CENTER - BLDG 83 860-694-4784

Mon-Fri: 9:00AM to 5:30PM
Sat, Sun & Holidays: Closed

FAMILY FITNESS ROOM - BLDG 83 RM 321 860-694-4784

Mon-Fri: 9:00AM to 5:30PM
Sat, Sun & Holidays: Closed

STUDIO 328 - BLDG 83, RM 328 860-694-4784

Mon-Fri: 9:00AM to 5:30PM
Sat, Sun & Holidays: Closed

SUBASE POOL - BLDG 120 860-694-3562

Mon-Fri: 5:30AM to 2:30PM
(Adult Lap Swim Only)
Weekends & Holidays: Closed

Aquatics Director - Patrick Callan
patrick.f.callan.civ@us.navy.mil

Asst. Aquatics Manager - Michelle Griffin
michelle.l.griffin5.naf@us.navy.mil

Swim clinics taught by Certified Swim Instructors available by appointment.

- Beginner & Advanced Swimming Skills
- Stroke Refinements

CPR available by appointment.

- Adult & Pediatric First Aid/CPR/AED
- Blended learning

Lifeguard courses taught quarterly.

NORTH LAKE 860-694-3406

(Closed for the Season)

Man-made chlorinated lake
open from the 2nd Weekend
in June to Labor Day.
Open Daily 11:00AM to 5:00PM

RACQUETBALL - BLDG 522 860-694-5020

Open Mon-Thurs: 2:00PM to 7:00PM

SEASONAL ACTIVITIES

SPRING

Command Fitness Leader (CFL)
Softball League

SUMMER

Command Fitness Leader (CFL)
North Lake/WIBIT is Open
Softball League
Fun Runs

FALL

Command Fitness Leader (CFL)
Mission Nutrition
Soccer League
Football League
Fun Runs

WINTER

Volleyball League
Basketball League
Command Fitness Leader (CFL)
Mission Nutrition
Fitness Incentive Program
Youth Swim Lessons

MONTHLY

NOFFS Course
CFL Updates
1000 lb/ 500 lb Club

