



WASHINGTON NAVY YARD

# GROUP FITNESS CLASSES

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1200		BOOTCAMP*		CYCLE*	
1400	YOGA				
1600			YOGA*		

## CLASS DESCRIPTIONS

**BOOTCAMP:** You can command power, strength and agility with this military inspired workout that pushes your body to the limit! Exercises may also assist in improving your PRT scores. A high intensity workout that includes bodyweight circuits and interval training guaranteed to make you sweat!

**CYCLE:** An indoor cycling experience sequenced to music to make you FEEL THE RIDE while getting that heart rate pumping!

**YOGA:** A breath-linked flow that will stretch and tone the body while calling the mind and spirit into alignment.

\*Mizani Fitness Instructor

>> Class schedule and prices as of October 28, 2024 >>

## PRICES

**ACTIVE DUTY, RETIRED, RESERVISTS & DEPENDENTS**  
FREE

**COMMAND FITNESS CLASSES**  
Available upon request.

**DOD CIVILIANS & CONTRACTORS**  
\$5 per class  
\$30 8-class pass  
\$60 20-class pass

### WASHINGTON NAVY YARD

FITNESS CENTER, BLDG. 22  
(202) 433-2282  
MWR.FITNESS.NSAW@US.NAVY.MIL

### HOURS OF OPERATION

Monday-Friday, 0500-1900

VISIT [NAVYMWRWASHINGTON.COM](http://NAVYMWRWASHINGTON.COM)

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