



May 2024 Yokosuka GX Class Schedule



Fleet Rec (5F) Cycling Studio			Fleet Rec (5F) GX Studio			Purdy Pool			Niban Tower Community Room			Hawk's Nest			Purdy Pavilion		
MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY		
6:00a-6:45a	VINYASA YOGA with Aaron Cancelled May 6	FREE	6:15-7:00a	Kickboxing with Mike	FREE	6:15a-6:45a	RESTORATIVE YOGA with Aaron Cancelled May 8	FREE	6:00-7:00a	LES MILLS RPM with Ron	FREE	6:00-6:45a	RESTORATIVE YOGA with Aaron Cancelled May 10	FREE	8:45-9:45a	BODYPUMP with Amanda	FREE
8:30-9:30a	LES MILLS RPM with Kristen Cancelled May 13 & 27	FREE	8:45-9:15a	GRIT with Amanda	COMBO	8:30-9:30a	LES MILLS RPM with Kristen Cancelled May 15	FREE	6:15-7:00a	Kickboxing with Mike	FREE	8:45-9:45a	BODY COMBAT with Mika	FREE	10:00-11:00a	BODY COMBAT with Yukari (On May 11 & 25)	STICKER
8:45-9:30a	BODYATTACK EXP with Yuka Cancelled May 27	COMBO	9:00-10:00a	ZUMBA with Sayumi Cancelled May 21	STICKER	8:45-9:30a	BODYATTACK EXP with Yuka	FREE	8:45-9:15a	GRIT CARDIO with Amanda	FREE	9:00-10:00a	BODYPUMP with Amanda	STICKER	10:00-11:00a	BODY ATTACK with Yukari (On May 18)	FREE
9:00-10:00a	BODY COMBAT with Sachiko	FREE	9:15-9:45a	AQUAFIT with Ian	Reg in Adv in MyFFR	9:00-10:00a	BODYPUMP with Amanda	FREE	9:15-9:45a	AQUAFIT With Ian	Reg in Adv in MyFFR	10:30-11:30a	BODY COMBAT with Sachiko	FREE	11:15-12:00p	POWER YOGA with Rie Cancelled May 11	FREE
9:35-10:20a	C&R YOGA with Yuka Cancelled May 27	COMBO	9:25-10:15a	BODY BALANCE EXP with Amanda	COMBO	9:35-10:20a	C&R YOGA with Yuka	FREE	10:30-11:30a	BODYPUMP with Yuka	COMBO	10:30-11:00a	ZUMBA with Kim	STICKER	9:00-9:45a	Circuit Boot Camp with Mika	STICKER
5:00-5:45p	LES MILLS RPM with Kristen Cancelled May 13 & 27	FREE	5:00-6:00p	BODYPUMP with Amanda	STICKER	10:30-11:00a	ZUMBA with Kim	STICKER	5:00-6:00p	BODYPUMP with Amanda	STICKER	5:30-6:30p	LES MILLS RPM with Ron	FREE	10:00-11:00a	BODY COMBAT with Kenji	FREE
5:00-6:00p	BODY PUMP with Sachiko	FREE	5:30-6:30p	LES MILLS RPM with Ron	FREE	4:30-5:30p	BODY BALANCE with Sasara Cancelled May 29	FREE	9:15-9:45a	AQUAFIT With Ian	Reg in Adv in MyFFR	5:30-6:30p	LES MILLS RPM with Ron	FREE			
THURSDAY			FRIDAY			SATURDAY			SUNDAY								
06:00-7:00a	LES MILLS RPM with Ron	FREE	6:00-6:45a	RESTORATIVE YOGA with Aaron Cancelled May 10	FREE	8:45-9:45a	BODYPUMP with Amanda	FREE	9:00-9:45a	Circuit Boot Camp with Mika	STICKER						
6:15-7:00a	Kickboxing with Mike	FREE	8:45-9:45a	BODY COMBAT with Mika	FREE	10:00-11:00a	BODY COMBAT with Yukari (On May 11 & 25)	STICKER	10:00-11:00a	BODY ATTACK with Yukari (On May 18)	FREE						
8:45-9:15a	GRIT CARDIO with Amanda	FREE	9:00-10:00a	BODYPUMP with Amanda	STICKER	10:00-11:00a	BODY ATTACK with Yukari (On May 18)	FREE	11:15-12:00p	POWER YOGA with Rie Cancelled May 11	FREE						
9:00-10:00a	ZUMBA with Sayumi Cancelled May 23	FREE	10:30-11:00a	ZUMBA with Kim	FREE	11:15-12:00p	POWER YOGA with Rie Cancelled May 11	FREE	10:00-11:00a	BODY COMBAT with Kenji	FREE						
9:15-9:45a	AQUAFIT With Ian	Reg in Adv in MyFFR	5:00-6:00p	BODY COMBAT with Sachiko	FREE												
10:30-11:30a	BODYPUMP with Yuka	COMBO	WEIGHTLIFTING PRO-GRAMS Functional Fitness Location: Fleet Rec (5F) Functional Fitness Area Monday - Friday 5:00 - 6:00am Monthly rate: \$75 Tactical Fitness Location: Purdy Outdoor Tactical Fitness Box Monday-Friday 8:30-9:30am Monday-Friday 4:30-5:30pm Monthly rate: \$60 TacFit Lite Location: Purdy Outdoor Tactical Fitness Box Monday, Wednesday & Friday 9:45 - 10:45am Monthly rate: \$30 Barbell Club Location: Purdy Outdoor Tactical Fitness Box Tuesday & Thursday 9:45-11:45am Monthly rate: \$30 Weightlifting (Olympic Lifting Techniques) Location: Fleet Rec (5F) Functional Fitness Area Tuesday & Friday 6:00 - 8:00pm Monthly rate: \$30														
11:45-12:45	VINYASA YOGA with Yuka	COMBO															
5:00-6:00p	BODYPUMP with Amanda	STICKER															
5:30-6:30p	AQUA CYCLE with Ron	FREE															

Group Fitness Sticker Fees

Single Sticker: \$3
10 Stickers: \$25

Combo Classes

Pay one \$3 single sticker get the other class free.

Weightlifting Program Fees

Monthly fees vary by program
Drop-in Sticker*: \$5

*Drop-ins accepted based on availability

Schedule is subject to change
For more information, please visit:
www.facebook.com/MWRathleti
esyokosuka or call the Fitness
Office at 241-4486



AQUA CYCLE:

Aqua Cycle is a refreshing take on spin class that puts the cycling underwater. Invigorating and low-impact, you will pedal through resistance, sculpting and toning your muscles while minimizing stress on the joints.

AQUAFIT:

AquaFit is training on water, making it more challenging by activating your stabilizing muscles along with your movement muscles, leading to more calories burnt! All with low impact training on joints, and balance improvement. **Register on MyFFR

BODY HIIT:

Quick and intense workout, powering through strength and into a cardio burst to aim for a sweaty total body workout. You will build lean muscle and endurance. Intensity can be modified to your fitness capability.

CONDITIONING & RECOVERY (C&R) YOGA:

Yoga aids in muscle recovery, strengthens underused muscles and helps prevent injuries. Include yoga as a balanced fitness routine so you can keep enjoying your favorite activities or exercises. Your journey to a stronger, fitter and more flexible body starts here.

CORE:

Core is a dynamic workout designed to enhance core strength, tone and athletic performance. This regimen focuses on fortifying the muscles crucial for support, promoting stability and endurance. By honing balance and aiding in injury prevention, Core empowers individuals to excel in various sports and activities and improves overall physical health.

LES MILLS BODYATTACK ™:

Is a high-energy sports conditioning class with moves that cater for total beginners to total addicts. We combine athletic movements like running, lunging and jumping with strength exercises such as push-ups and squats. It's great for improving functional fitness such as coordination and agility, and for maximizing cardio stamina. (BODYATTACK Express - 30 or 45 minutes version)

LES MILLS BODYBALANCE ™ / Express:

A yoga-based class that will improve your mind, body, and life. Bend & stretch through a series of simple yoga moves and embrace elements of Tai Chi and Pilates.

LES MILLS BODYCOMBAT ™ :

A high energy martial arts inspired workout that is totally non-contact. Punch and kick your way to fitness! No experience needed. Release stress, have a blast and feel like a champ!

LES MILLS BODYPUMP ™ / Express:

A class using light to moderate weights with many repetitions, BODYPUMP gives you a total body workout. Instructors will coach you through the moves & techniques while pumping out encouragement, motivation, and great music helping you achieve higher limits!

LES MILLS GRIT ™:

A High-Intensity Interval Training workout that takes you to the next level.

LES MILLS RPM ™:

A group indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads you through hills, flats, mountain peaks, time trials, and interval training.

POWER YOGA:

A modern-day form of classical Hatha yoga, it is a fast-paced, energetic vinyasa style of yoga that's focused on building strength and endurance. It is an excellent form of yoga for burning calories.

VINYASA YOGA:

Faster paced movement connected to your breath for a strong mind and body connection, working towards your personal best balance between strength and ease. Great for medium, advanced, and athletes alike for mobility and functional fitness.

ZUMBA ®:

A total workout, combining all elements of fitness— cardio, muscle conditioning, balance, flexibility, and a boost of energy. The mix of low and high-intensity moves provides for an interval-style, calorie-burning dance fitness party.

9Round Boxing:

30 min of high intensity boxing to build your strength, agility and fitness level.

Circuit Boot Camp:

45 min workout geared towards increasing your endurance, strength, power, stamina and speed .Work your upper body, core and lower body in intervals to keep you pushing to the next level.

Weightlifting Programs:

FUNCTIONAL FITNESS:

This program combines effective coaching methods and universal scalability to teach safe functional movement patterns involved with weightlifting, gymnastics, running, rowing, and more.

TACTICAL FITNESS:

Our Tactical Fitness program is an exciting conditioning program that balances strength work with power, speed , and agility training . If you are looking to be lean, strong and healthy this class delivers the most efficient way to improve metabolic conditioning and overall athleticism.

TACFIT LITE:

TacFit Lite is a cross training programmed designed for the following athletes: the beginner athlete, pre, peri, and postpartum athletes, the previously injured athlete, athletes coming back from an extended break and anybody interested in becoming lean, strong and healthy.

THE BARBELL CLUB:

The Barbell Club is an Olympic lifting class designed to improve your strength and technique in the Olympic lifts, the Clean and Jerk and Snatch. Our class breaks the movements down in order to practice technique while also building form and stability in the lifts. Classes include strength, technique work, accessory work and complexes.

WEIGHTLIFTING (OLYMPIC LIFTING TECHNIQUES):

The Weightlifting program caters to all experience levels, from beginner lifters to elite athletes. Designed to improve lifting health by teaching proper mobility, form, technique and mindset. Movements will consist of the Snatch, Clean and Jerk and Clean variations. Modifications offered as needed.



May 2024

Ikego GX Class Schedule

Location: Asuka Tower Commu-



	Monday	
9:00—10:00 a	Body Pump with Mika	Sticker
	Tuesday	
9:00—10:00 a	Zumba with Miwako	Free
	Wednesday	
9:00—10:00 a	Hatha Yoga with Sarah	Free
	Thursday	
9:00—10:00 a	Body Pump with Mika	Free

Group Fitness
Sticker Fees

Single Sticker: \$3

10 Stickers: \$25

Combo Classes

Pay one \$3 single sticker get
the other class free.

Schedule is subject to change

For more information, please visit:

www.facebook.com/NavyMWR Yokosuka

HATHA YOGA:

In this class different poses are practiced to align, strengthen and promote flexibility in the body. A focus on breathing and being present are included as well. The focus is on simplicity, repetition, and ease of movement. Everyone is welcome.

VINYASA YOGA:

Faster paced movement connected to your breath for a strong mind and body connection, working towards your personal best balance between strength and ease. Great for medium, advanced, and athletes alike for mobility and functional fitness.

CONDITIONING & RECOVERY (C&R)YOGA:

Yoga aids in muscle recovery, strengthens underused muscles and helps prevent injuries. Include yoga as a balanced fitness routine so you can keep enjoying your favorite activities or exercises. Your journey to a stronger, fitter and more flexible body starts here.

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