

NAVAL BASE SAN DIEGO

GROUP X SCHEDULE



3rd Quarter • April – June 2025

MONDAYS

1100 Core Power (HS)
1100 Regen/Yoga (MU)
1200 WOD (FS)
1530 Full Body Circuit (FS)
1630 Spin (FS)

THURSDAYS

0930 Aquafit (FHP)
1000 HIIT (HS)
1100 Yoga (FS)
1200 WOD (FS)
1530 Yoga (FS)
1700 Sweat & Burn (FS)

TUESDAYS

0930 Aqua Strength (FHP)
0930 TRX Plus (FS)
1000 HIIT (HS)
1200 WOD (FS)
1700 Sweat & Burn (FS)
1800 Dance Cardio (FS)

FRIDAYS

0915 Yoga (FS)
1200 WOD (FS)

WEDNESDAYS

0700 Spin (FS)
1100 Core Power (HS)
1100 HIIT (MU)
1530 Boot Camp (FS)
1800 Pound (FS)

SATURDAYS

1100 Sweat & Burn (FS)

FS = Fitness Station Bldg 3417
HS = Harborside Gym Bldg 3477

FHP = Prout Pool Bldg 3279
MU = Mussels Downtown Bldg 750

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Aqua Fit: Get in the pool for an amazing whole body workout in the water (Deep end)

Aqua Strength: Build your muscles in the pool and get a great workout (Shallow end)

Boot Camp: Work hard with kettle bells, bands, TRX, weights & more

Command PT: Schedule an appointment for your command for any class type you desire

Core Power: Focus on core stability, endurance & pushing/pulling techniques

Dance Cardio: Dance incorporated into fitness with fun music & energized instructors

Full Body Circuit: A total body workout to strengthen & improve all major muscles groups

HIIT: Full-body movements, alternating high and low intensity exercises

Pound: Grab the drum sticks & turn on the music. Workout while having lots of fun

Spin: High Intensity cardio, low impact workout with motivating instructors and music

Sweat & Burn: Cardio Based workout using explosive exercises

TRX Plus: Interval workout utilizing TRX trainers, kettle bells, sandbags, and more

Workout of the Day (WOD): Variety of exercises focusing on total-body strength training

Yoga/Regeneration: Promote relaxation & recovery with gentle stretches & breathing

Command PT Appointments

derek.j.seiler.naf@us.navy.mil, 619-556-7897

