

NAVAL BASE SAN DIEGO

GROUP X SCHEDULE



4th Quarter • July – Sept 2025

MONDAYS

0600 Boot Camp (OG)
1100 Core Power (HS)
1100 Regen/Yoga (MU)
1200 WOD (FS)
1500 Yoga (FS)
1630 Spin (FS)

THURSDAYS

1000 HIIT (HS)
1100 Yoga (FS)
1200 WOD (FS)
1530 Full Body Circuit (FS)
1700 Sweat & Burn (FS)
1800 Spin (OG)

TUESDAYS

0930 NOFFS Aquatics (FHP)
1000 HIIT (HS)
1200 WOD (FS)
1700 Sweat & Burn (FS)
1800 Dance Cardio (FS)

FRIDAYS

0915 Yoga (FS)
1100 Boot Camp (OG)
1200 WOD (FS)

WEDNESDAYS

0700 Spin (FS)
1100 Core Power (HS)
1100 HIIT (MU)
1600 Yoga (FS)
1800 Pound (FS)

SATURDAYS

1100 Sweat & Burn (FS)

Command PT Appointments

derek.j.seiler.naf@us.navy.mil, 619-556-7897 (Admiral Prout)
zane.h.zimmermann.naf@us.navy.mil, 619-556-9509 (Olde Gym)
eric.l.littman.naf@us.navy.mil, 619-767-6417 (Harborside)



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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: Total body movements pushing, pulling, lifting, and carrying

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

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

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

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

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

FS = Fitness Station Bldg 3417

FHP = Field House Pool Bldg 3279

HS = Harborside Gym Bldg 3477

MU = Mussels Downtown Bldg 750

OG = Olde Gym Bldg 223

