

NAVAL AIR STATION CORPUS CHRISTI

JUNE 2019 GROUP FITNESS CLASSES

TIME	MON	TUES	WED	THURS	FRI	SAT
500-600						
700-800						
930-1030	GENTLE FITNESS					
1000-1100		GENTLE FITNESS				
1100-1200						
1530-1630	BODY BLITZ	INDOOR CYCLING		HARDCORE HIIT		
1600-1700						

PLEASE CONTACT FITNESS & SPORTS @ 961-3164/961-2401

LOOK FOR AN UPDATED JULY 2019 SCHEDULE WITH NEW INSTRUCTORS & CLASSES COMING SOON!

WE THANK OUR LAST YEAR'S STAFF FOR HELPING EVERYONE STAY FIT
& WISH "SMOOTH SAILING" IN THEIR NEW ENDEAVORS.



FOR THE MOST UP-TO-DATE NEWS:
WWW.FACEBOOK.COM/MWRCORPUSCHRISTI/



NAVY **MWR** CORPUS CHRISTI.COM

GROUP EXERCISE CLASSES ARE FREE AND OPEN TO ALL PATRONS UNLESS OTHERWISE NOTED BY A \$3.00 FEE.

NEW CLASSES ADDED!

BODY BLITZ:

Join this high energy class combining full body strength and cardio conditioning bursts. Use your own body weight and light resistance in this eclectic, challenging, follow-along format. This powerful class uses strength training and callisthenic-type exercises to define muscles and increase your calorie burning capacity in the minimal amount of time. All fitness levels welcome, from beginners to advanced.

INDOOR CYCLING:

Ride to the rhythm of powerful music and loose inches, increase your stamina, and build strong and shapely legs in this fun and intense cycle class. The class includes intervals, sprints, hills, and steady state endurance.

HARD CORE HIT:

Work on your heart health with some moves designed to increase your cardio capacity and full body strength. This class will give you the variety you're looking for to improve your total body conditioning. It's a circuit type workout, so let our pro program it and you just do the work. Pick your intensity and push yourself to reach your goals.

GENTLE FITNESS:

Enjoy a gentle stretch & strengthening workout to get your day started right. This class will improve your balance, flexibility & overall conditioning with a gradual and mild style.

**LOOK FOR NEW CLASSES
IN JULY!**

**WE THANK YOU FOR YOUR
PATIENCE!**

EXERCISE DO'S & DON'TS

1. Do Review Past Attempts at Exercise

It is important to learn from previous experiences to create that bulletproof plan that may lead to lifelong exercise.

2. Don't "Just Do It"

Beginning very slowly and thoughtfully will increase one's chances of sticking with it and reduce the chance of overuse injury.

3. Do Consider the Present Barriers to Exercise Participation

The key to lifelong exercise is starting slow and progressively adding more days and/or times to the workout schedule.

4. Don't Believe What You Hear

If it sounds too good to be true, it is. Critical thinking is important when making sound and safe exercise choices.

5. Do Make it Fun

Make no mistake; overlooking exercise enjoyment will be the demise of any well intentioned exerciser.

6. Don't Make it a Competition

External motivators, while motivating for the short term, will increase the rates of drop out in the long term. Internal motivations such as increased health, fitness, and quality of life set the exerciser up for success.

7. Do Exercise in a Group

By mutually motivating each other the chances of being seduced by the couch are less. Plus, it is a great social outlet when we just need to vent or talk about our day.

8. Don't Overdo It

Although the desire to jump right into a program can be overwhelming, if we can focus on the long term investment (rather than the short term) we may join the 40-percent of exercisers that make it stick for life.

9. Do Plan, Record, and Reflect

Record keeping may be tedious, but it is important when starting a new behavior to keep track of those details that may get missed overtime. If we do slide back into old behaviors, we can refer to our records with the hopes that they may uncover a barrier that may have been overlooked.

10. Do Be Patient with the Change

From big life changes and weather to lack of money and opportunity, there are many reasons why we fall off the wagon and find ourselves back on the couch again. Through practicing patience with ourselves and our progress, we are more able to get back on the wagon rather than relapse into old behaviors. Again, remember, it is a long term investment in our health and fitness for life.

GYM MEMBERSHIP:
FREE for all Active Duty, Retirees, Reservists & their Family Members, & DOD Civilians.

GYM MEMBERSHIP FEES

APPLY TO:
Contractors, DOD Family Members & Guests
Day Pass: \$3.00
Contractor Monthly: \$30
Membership includes group exercise classes except "Specialty Classes" as noted.

PERSONAL TRAINING:
60 min: \$30

Fill out a trainer request form at the front desk.

FITNESS TRAINING:
Active Duty receive FREE TRAINING!

Fill out a trainer request form at the front desk.

ADDITIONAL FITNESS SERVICES BY APPOINTMENT:
Command PT
1000# Club
Fitness Enhancement
Gym Orientation
Youth Orientation

ASK US ABOUT RESERVATIONS, SPORTS PROGRAMS & LOCKER, RENTALS!

QUESTIONS? JUST ASK!

Fitness Express:
Phone: 361-961-3164

E-street Gym:
Phone: 361-961-2401

HOW STRONG ARE YOU?

**1000/600 LB CLUB BRAGGING BOARD!
SEE THE FRONT DESK STAFF FOR DETAILS**



never stop