



FITNESS CENTER GROUP EXERCISE SCHEDULE

All classes are held at the Fitness Center in the Group Fitness Room.
Class descriptions are located on back of page.

MON

9 AM - 9:45 AM: Cardio Dance
12 PM - 1 PM: FEP
5 PM - 5:45 PM: Circuit

THURS

9 AM - 9:45 AM: Cardio
2:30 PM - 3:15 PM: Cardio Strength

TUES

9 AM - 9:45 AM: Cardio
2:30 PM - 3:15 PM: Cardio Strength

FRI

9 AM - 9:45 AM: Circuit
12 PM - 1 PM: FEP

WED

9 AM - 9:45 AM: NOFFS
12 PM - 1 PM: FEP
5 PM - 5:45 PM: Circuit

SAT

CLASS IS HELD THE FIRST SATURDAY OF THE MONTH
2 PM: Family Fit

Fitness Center, Bldg. 103 961-3164

March 2026



NAVYMWRCORPUSCHRISTI.COM



CIRCUIT

Timed workout that combines strength training and cardiovascular exercises through a series of stations.

CARDIO STRENGTH

A full-body workout that alternates between cardiovascular exercises and strength training.

CARDIO DANCE

A full-body workout that combines choreographed dance steps.

CARDIO

A challenging mix of intense, dynamic core-stabilizing exercises and cardiovascular endurance to get the blood flowing and heart rate elevated.

NOFFS

THE NAVY OPERATION FITNESS AND FUELING SYSTEM

A complete fitness program tailored to meet the needs of the Navy community.

FEP

FITNESS ENHANCEMENT PROGRAM

To improve a Sailor's physical readiness, body composition, and overall health to meet Navy standards focusing on improving cardiovascular endurance and muscular strength.

FAMILY FIT

CLASS IS HELD THE FIRST SATURDAY OF THE MONTH

Workout designed for parents and children to exercise together, typically combining cardio, strength, and play.

