

# GREAT LAKES FITNESS CENTER

BLDG. 2A

NAVSTA GREAT LAKES MWR | SPORTS & FITNESS

# FITNESS CLASS SCHEDULE



Begins April 21st, 2025



**MON. TUES. WED. THURS. FRI.**

## CLASSES AT FITNESS CENTER - BLDG. 2A

KETTLEBODY 10:15am-10:45am	INDOOR ROWING CLUB 10:15am-10:45am	KETTLEBODY 10:15am-10:45am		
CYCLING 10:45am-11:15am	YOGA 10:45am-11:15am	CYCLING 10:45am-11:15am	YOGA 10:45am-11:15am	MISSION NUTRITION 12:30pm-1:15pm

## CLASSES AT COURTS PLUS - GYM 4

			OPEN FEP 8:30am-9:30am	
	NSGL POWERLIFTING CLUB 11:45am-12:30pm		NSGL POWERLIFTING CLUB 11:45am-12:30pm	

## OUTDOOR FIT PIT - CONSTITUTION FIELD

	Plyo-SAQ 8:30am-9:15am	RUN/WALK CLUB 7:00am-7:45am		
OPEN COMMAND PT 8:30am-9:30am	RUN/WALK CLUB MEET@GYM 440 12:00pm-1:00pm	OPEN COMMAND PT 8:30am-9:30am	OPEN COMMAND PT 8:30am-9:30am	
			SHRED 10:15am-10:45am	

\*Recommend bring workout mat/towel & water bottle. In case of inclement weather, classes may be moved to Gym 4 Courts Plus.

Open to All Hands (Active Duty, AD Dependents, Reservist, Retirees, DOD Civilians)  
First Come First Serve; No Reservation Required.

**SIGN UP TODAY!**

MWR Fitness will be providing a variety of group fitness classes to help you achieve your fitness goals. Classes are open to eligible patrons of all fitness levels.

Patrons are responsible to hold themselves accountable to these amended policies and procedures. All other facility rules and capacity numbers still apply. If these guidelines are not followed, Fitness Staff have the authority to ask patrons to leave the facility.

Classes are subject to change.  
Please check the MWR Great Lakes Facebook Page for updates/cancellations  
@ NavyLifeGL.com or call the 2A Fitness Center at 847-688-5649.



Class Descriptions - Over →



847-688-5649

NavyLifeGL.com



@NavyLifeGL  
No Navy endorsement implied.



# CLASS DESCRIPTIONS

## KETTLEBODY

Build muscle and burn fat by combining kettlebell and bodyweight exercises for a high intensity full body workout that will result in you having a leaner, stronger, and well-conditioned body all within a 30 min. class that goes non-stop.

## CYCLING

Join us for this 30-minute, fun music filled, mega calorie burning ride. Improve your cardiovascular and strength endurance to improve your PRT scores! Great for all fitness levels.

## INDOOR ROWING

Full body resistance based cardio that creates an intense caloric burn all the while remaining low impact on your joints. Designed to burn and sculpt.

## YOGA

Vinyasa Yoga can help lengthened and strengthen the whole body. Using breath and Flow movements help improve your mobility and reduce risk for injury.

## SHRED

A 30 min. is high intensity workout that is perfect for anyone who wants to get a toned physique, lose body fat %, maximize athleticism, and improve conditioning. It's based on metabolic conditioning circuits that include explosive exercises like jump squats and medicine ball throws, and also speed and agility drills using cones and ladders. These workouts designed to leave you shredded.

## MISSION NUTRITION

A one hour mini course that offers a variety of every day nutrition topics and ways to improve your eating habits as well as your overall health. \*NOTE: The full standardized Mission Nutrition course consist of 12 modules. The mini course covers one module per class. Participant must complete all (12)-modules in order to receive full credit for course.

## OPEN COMMAND PT

Open command PT is a class open to all commands. There will be strength training, endurance and recovery. Perfect for small commands that do not make the size for ongoing reservations. No need to sign up beforehand, but if your command is larger than 20 people please call ahead.

## NSGL POWERLIFTING CLUB

A Powerlifting focused training to help improve your squat, bench, and deadlift with expert coaching and a supportive community. Achieve a 1000 pound total for men or 500 pound total for women in the bench press, squat, and deadlift while mastering proper form and nutrition.

## PLYOMETRIC + SPEED/AGILITY (PLYO-SAQ)

Focus on taking your explosive power, quick reaction skills, and overall athletic performance to the next level! Classes will include a mix of jumping, bounding, and multi-directional movements, coupled with sprinting drills. This dynamic combination not only develops cardiovascular fitness but also boosts muscle strength and responsiveness.

## OPEN FEP (FITNESS ENHANCEMENT PROGRAM)

Open FEP is a Fitness class designed to help Sailors meet the PFA standards and improve their overall health and fitness standards. The class will include strength training, endurance, and recovery.

## RUN/WALK CLUB

Group running/walking is simply organized training. Training groups may meet once or twice during the week for a variety of running-related workouts. You can be a beginner or advanced runner. We will run/walk around the base as well as work on running drills. We will end with some yoga stretches.

Walkers/Strollers are welcome.

Tuesday meet at Bldg. 440 • Wednesday meet at Fit Pit

