



NOFFS

Navy Operational Fitness and Fueling System
A SYSTEMATIC APPROACH TO PHYSICAL FITNESS



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NAVYMWRKINGSBAY.COM

GROUPX

FITNESS CLASSES

JANUARY 2026

GROUP X CLASSES ARE FREE FOR ACTIVE DUTY, RETIREES, RESERVISTS, AUTHORIZED FAMILY MEMBERS AND DOD EMPLOYEES.

CIVILIAN CONTRACTORS/AUTHORIZED GUESTS MUST PAY \$5 ENTRY FEE. THIS INCLUDES FITNESS COMPLEX USE AND ALL GROUP X CLASSES FOR THE DAY.

GroupX and Lap Swim will not be offered on Federal Holidays.

CLASSES ARE
45-60MIN
UNLESS
OTHERWISE
NOTED

Min. of 4 Patrons to be held.

DAILY **WORKOUT** ACTIVITY

MON

COMMAND PT (BY RESERVATION) 0600-0800
HYBRID TRAINING 1115-1200
ACTIVE DUTY OPEN GYM 1500-1600

TUE

COMMAND PT (BY RESERVATION) 0600-0800
SPIN 1115-1200
MOBILITY 1215-1245
ZUMBA 1630-1730

WED

COMMAND PT (BY RESERVATION) 0600-0800
STRENGTH 1115-1200
ACTIVE DUTY OPEN GYM 1500-1600

THU

COMMAND PT (BY RESERVATION) 0600-0800
SPIN 1115-1200
MOBILITY 1215-1245
PILATES 1715-1815
ZUMBA 1630-1730

FRI

COMMAND PT (BY RESERVATION) 0600-0800
HYBRID TRAINING 1115-1200



GROUP X | **FITNESS CLASSES** **DESCRIPTIONS**

Conditioning*

Cardiovascular training designed to meet individuals at their ability level through interval training utilizing non-impact cardio equipment (rowers, bikes, ski ergs), running, bodyweight, and submaximal load (barbells, kettlebells, dumbbells etc.).

Mobility*

Guided foam rolling, yoga-like stretching, and corrective exercise for all promoting the ability to manage stress, soreness, and restore functional movement essential to the body's ability to adapt to training.

NOFFS Foundations (also offered by command request)

NOFFS Workshop is an educational and practical application of NOFFS methodology/principles specifically designed for Active Duty personnel, more specifically for current and aspiring ACFLs/CFLs. As OPNAV has shifted the focus of the Physical Readiness Program (PRP) to utilize NOFFS as the evidence-based collection of best practices, this weekly workshop is meant to augment the appropriate implementation of NOFFS as the standard for PT. This class will provide the science behind and demonstrate the appropriate facilitation of components such as; preparing for movement, power development, strength development, energy system development, regeneration, stress management, facilitation/coaching, programming, and foundational nutrition through both seminar and practical movement application. The primary goal is to educate fitness leaders in the best practices for physical fitness training to positively affect READINESS, RESILIENCY, RETENTION, and RECRUITMENT.

Olympic Weightlifting*

Learn the basics of the Olympic lifts, snatch and clean & jerk. The Olympic lifts are full body exercises that require precise technique to accomplish. In this class, critique and feedback for improvement will be provided. An understanding of foundational functional movements (squat, front squat, strict press, and deadlift variations) is recommended prior to attending this class, but not required.

Spin

An indoor cycling workout that focuses on endurance, strength, intervals and high intensity work. Energizing music and challenging terrain will motivate you and leave you wanting more at the end of class. This class is for all levels.

Hybrid Training*

Resistance training for all levels of fitness ability focusing on training movement patterns through large muscle mass, multi-joint exercises (think squat, bench press, deadlift, cleans, snatches, strict press, rows, and all variations) utilizing a variety of external load (barbells, kettlebells, dumbbells etc.).

Zumba

Zumba classes combine music and dance to create a dynamic calorie-burning form of workout for people of all fitness levels and age groups. This effective fitness system features aerobic training that is a fusion of slow and fast rhythms to tone and sculpt your body.

*Denotes the utilization of the Navy Fitness and Fuels System principles to program and advance individuals overtime utilizing appropriate progressive overload to elicit specific adaptations (strength, cardiovascular function, power etc.) achieving sound functional movement (dysfunction to function) and eventually functional performance (inefficiency to efficiency) and functional skill.



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