

# CLASS DESCRIPTIONS

Book your next command PT/FEP session with:

**Briana Oglesby**  
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## STRENGTH CIRCUIT

A class based on rotation through stations of cardio, strength training, or HIT movements in designated intervals with short rest periods.

## METABOLIC CONDITIONING

A prescribed workout at individual pace; set repetitions of select exercises as fast as possible or maximum rounds during a set time.

## NOFFS

Navy Operational Fitness and Fueling Series— an all-inclusive fitness program designed to improve operational performance and reduce injury. NOFFS addresses cardio, strength, core, and flexibility training as well as recovery, refueling, and tissue management.

## TRX

A suspension training system that leverages body weight against gravity to complete a total body workout. (Maximum of 25 participants)

## CARDIO ATHLETIC CONDITIONING

A mix of sport-inspired athletic conditioning drills including dynamic warm ups, speed, agility, and quickness drills, cone and ladder drills, plyometrics, and weight sled exercises.

## INDOOR CYCLING

A 45-minute class with intervals that include climbs, sprints, and coasts at a variety of body positions, pedal speeds, and resistances. (Maximum of 20 participants)

## ROWING

A purely cardio circuit class that predominately features use of the Concept 2 rowing machine. (Maximum of 8 participants)

## XTREME INTERVAL TRAINING

Manipulating intensity using a combination HIIT and Tabata training styles to enhance muscular endurance and improve cardiovascular conditioning. Body weight, kettlebells and agility drills are among the many tools that will be utilized to primarily target the anaerobic energy system.

## AQUA HIT

Aqua Hit utilizes bumper plates, traditional kettlebells, resistance bands, and other swimming apparatus in a blend of in-and-out-of-water exercises, and swimming.

## COMBAT FITNESS

Combat Fitness combines kickboxing, traditional boxing, kettlebell, TRX, and bodyweight training!

## DODGEBALL & NOFFS

Utilize the Navy Operational Fitness & Fueling Series (NOFFS) methods to play your best athletic game and sports!

## REGENERATION

### REGENERATION

Centered around recovery, this class utilizes foam rolling, stretching, and trigger point release techniques to improve recovery time and maximize workout effectiveness. (Maximum of 30 participants)

### NOFFS PILLAR PREP

Learn the mobility and core activation exercises to create the optimal alignment of the shoulders, torso, and hips. Mastering pillar posture will create efficient and purposeful movement while helping to alleviate daily aches and pains, ideal to improve PRT plank challenge endurance.

### MEDITATION

An instructor guided relaxation class that includes various breathing techniques and mindfulness exercises to reduce stress.

### YOGA

A dynamic blend of breathing, stretching, and relaxation techniques to increase vitality, calm, flexibility, and the mind-body connection.

### YIN YOGA (DEEP STRETCH)

Poses are held for long periods of time to deeply stretch the muscles and connective tissue.



# CFL

COMMAND FITNESS LEADER

## PROGRAMS & CLASSES

MAYPORT FITNESS CENTER

### FACILITY HOURS

MON - FRI 0500-2000

SAT & SUN 0800-1600

# COURSES

## Command Fitness Leader Courses

**JUNE 5-9, 2023**

Register online at [NavyFitness.org](https://NavyFitness.org) under *CFL Course Application and Registration*.

Register at:  
[NavyFitness.org/fitness/cfl-information](https://NavyFitness.org/fitness/cfl-information)

## Upcoming Mission Nutrition Courses

**JANUARY 24, 2023**

**MAY 23, 2023**

0800-1200 at the Fitness Center.  
Maximum of 12 participants.  
Pre-registration required.

**Jill Sheppard**  
Fitness Director (904) 270-7134  
[jill.m.sheppard.naf@us.navy.mil](mailto:jill.m.sheppard.naf@us.navy.mil)

## Upcoming NOFFS Courses

**FEBRUARY 7, 2023**

**MAY 9, 2023**

**AUGUST 8, 2023**

0800-1200 at the Fitness Center.  
Pre-registration required.

**Mia Kuhn**  
Fitness Coordinator (904) 270-3274  
[miriam.kuhn.naf@us.navy.mil](mailto:miriam.kuhn.naf@us.navy.mil)

## ACTIVE DUTY FITNESS CLASS

### UPLIFT FIT

**TUESDAYS, WEDNESDAYS,  
& THURSDAYS**  
1430-1515

Uplift Fit is a structured training program that builds a solid fitness foundation starting with initial assessments and followed-up by intelligent program design addressing all building blocks of sustainable fitness for the twenty-first century warrior! It is ideal for Fitness Enhancement Program (FEP) curriculum.



Our qualified trainer team is here to support the local CFL & ACFL community in all their efforts to improve fitness levels across the board.

- Through fun and suitable training sessions, our staff will teach Command PT by Appointment for small to full command size groups as much as possible.
- At our Fitness Desk, CFL and ACFL's can book facility and sports field reservations for PT/FEP and PRT needs.
- We support the individual Sailor with fitness assessments, body composition measurement and tailored training plans.

### COMMAND PT BY APPOINTMENT CFL/ACFL RESPONSIBILITIES

A 24-hour cancellation notice is required to allow adequate redirection of resources. Three (3) no-shows within one (1) month will result in temporary rescinded right to schedule PT events.

Stadium lights must be switched off after usage on all outdoor fields during early morning times.

