Upcoming Courses:

CFL (Certified Fitness Leader)
Dec. 7-11, 2020
June 14-18, 2021

NOFFS (Navy Operational Fitness & Fueling System)
Operational 1 day Courses:
March 4, 2021
May 5, 2021
Sept. 30, 2021

Mission Nutrition
Jan. 12 & 13, 2021
April 12 & 13, 2021

Fitness Center
Monday - Friday
5:00 am- 8:00 pm
Sat/Sun/Holiday
10:00 am - 4:00 pm
904.270.5451
1391 Bailey Ave

Command PT Menu

NAVYMWRMAYPORT.COM
FITNESS
R U Ready? Conditioning type training for all three aspects of the PRT, Curl-ups, Push-ups, and 1.5 Mile Run. Let us help you improve your scores!

• **Nautical Mile Challenge**
  Lap running infused with push-ups, air squats, and sandbag exercises

• **IWO HIT Circuit**
  7 Stations on the NOFFS Zone to bring your fitness to a whole new level.

• **Tour de Wichita**
  Indoor cycle class featuring Command’s Playlist. (Songs must be submitted in advance of the class and must be clean song versions.)

• **4th Fleet Go Big or Go**
  Weight based strength workout utilizing kettlebells, dumbbells and functional fitness movements.

• **The Chopper**
  Body weight cardio Fusion; a mix of body combat, kickboxing, core and calisthenics.

• **LCSRON EMOM**
  Functional Conditioning exercises that work the whole body.

• **The Sullivan Climb**
  Utilizing the Step Mill and Versa Climber machines with challenging heights to conquer!

• **Wing Yoga**
  Beginner to Intermediate Vinyasa Flow/Stretch Class that also offers regeneration (foam rolling) and light meditation at the end of each class.

To order up a Command PT please contact:
Mia Kuhn, Fitness Specialist or Jill Sheppard, Fitness Coordinator at:
Miriam.Kuhn@navy.mil or Jill.M.Sheppard@navy.mil