

NAS Oceana Fitness Department Presents: Four Star Fitness Corporation, classes start 25 June

Body Power/Orienteering
0830-0930 Mon, Wed & Fri,
PRT Center Bldg. 529

Body Power—An alternative to the everyday workout. Strength and cardio training is achieved through the use of alternative equipment. Done as a circuit this class can pack a wallop. Available from beginners to advanced fitness levels.

Orienteering—Want some help learning your way around and get a workout at the same time? This is the class for you. Learn how to use a compass and map while completing a fitness run/walk. Class room is outside so come pre-

Step Aerobics High/Low
1130-1230 Mon-Fri
0900-1000 Sat,
PRT Center Bldg. 529

A classic. Get that heart pumping with step aerobics. Intensity can be adjusted to your fitness level. A must try.

Cardio Kick Boxing
1700-1800
PRT Center Bldg 529

Learn how to properly throw a punch and kick in combinations to burn some massive calories. Motivating and moving class that offers high intensity and can be adjusted to your level.

Spinning Class
0830-0930 Tues & Thurs
PRT Center Bldg 529

Spinning classes utilize specially designed stationary cycles, which enable you to easily adjust the resistance to your own fitness level. Spinning naturally lends itself to an individualized workout that burns serious calories, tones the lower body, and creates aerobic improvement that can transfer over to other activities.

Flex Class
Fitness Center Bldg 545
0730-0800 Mon-Fri

Creative and effective strength training can be taught without a weight room. This class teaches you muscle conditioning with a variety of basic exercises.

Water Aerobics
1100-1200 Mon-Fri
At the Enlisted Pool

Aerobics in the water. Great for those hot summer days. Water resistance is used for muscle strengthening and cardio vascular endurance.

ABS Class
Fitness Center Bldg. 545
0700-0730 Mon-Fri
1630-1700 Mon-Fri

Abs class is an innovative way to tighten and strengthen your stomach.