

## **THE SPORTS ZONE FITNESS PROGRAMS YORKTOWN NAVAL WEAPONS STATION**

**Mini Wellness Lecture** - Offered twice per month. The class consists of 10 minutes of wellness topics on decreasing body fat, proper shoes for exercise, walking techniques, and proper exercise.

**Circuit Weight Training Orientation** – Offered the first Monday of every month. Learn the proper skills for weight and resistance training in the weight room facility.

**Passive Stretching Techniques** – Offered every other Wednesday at 2:00 pm. Stretch out with a personal trainer for all types of fitness. Fifteen minutes of large muscle stretching to improve your flexibility.

**Free Blood Pressure Checks** – Offered every Wednesday from 10:00 am – 11:00 am.

**Free Body Fat Test** – Offered every Friday at 10:00 am.

**Microfit Fitness Assessment** – Get your computerized fitness assessment. Be tested on the five components of fitness and receive your personal exercise prescription. Cost is \$10 for civilians and family members.

**Fit Pack:** This package includes a Microfit Fitness Assessment and 9 one-hour sessions with a certified trainer. The cost is \$35 for civilians and is free to all Active Duty.