

Dam Neck Fitness Programs

- **Flexibility Class On The Beach** – Wednesdays (1130 – 1230) 20 June – 1 August. Enjoy relaxing sand and listen to the surf while you learn to stretch correctly to improve your flexibility.
- **“Increase Muscle Strength”** – Free one-on-one session will help you learn how to add stretching to your strength training program. Research has demonstrated as much as 20% increase in strength by adding stretching to your strength training.
- **Strive to Stride** – 5 June – 9 August, Tuesdays at 1130 or Thursdays at 1630. Try “Exerstriding” for a new type of aerobic workout and receive a free MWR Wellness Center pen or key chain. Attend 5 sessions and receive a water bottle and 10 sessions receive a T-shirt or baseball cap.
- **Exercise For Excellence** – Keep track of your fitness progress and earn free prizes! Improvements can be made in any of these areas: body fat (%), aerobic fitness, strength, or flexibility. Step one is to schedule an appointment for a fitness assessment with the MWR Wellness Coordinator.
- **Blood Pressure Screening and/or Body Fat Assessment** – It only takes 5 minutes! Appointments may be made with the Wellness Coordinator.
- **Yoga Class** – Tuesdays from 1700-1815 and Saturdays 0845-1000. Yoga mat will be provided. All fitness levels are welcome.
- **Fitness Assessment** – For Dam Neck active duty. The Microfit computerized fitness evaluation system enables the Wellness Coordinator to assess the physical fitness needs and provide an individualized exercise plan. All assessment reports include a body weight, body fat, heart rate, blood pressure, flexibility, strength, and cardiovascular fitness.
- **Run For Your Life** – For Dam Neck active duty. This program is self-paced and designed to encourage you to run/jog on a regular basis. Run For Your Life is not a marathon, a race or an endurance contest. 100 miles receive 100 mile patch, 250 miles receive T-Shirt, 500 miles receive 500 mile club windbreaker, and 1000 miles receive a 1000 mile plaque.