


Fletcher Fitness Center Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 - 6 am MRT (Metabolic Resistance Training) Level: All Abilities	5:30 - 6 am MRT Level: All Abilities	5:30 - 6 am MRT Level: All Abilities	5:30 - 6 am MRT Level: All Abilities	5:30 - 6 am MRT Level: All Abilities	
					
11:30 am-Noon MRT (Metabolic Resistance Training) Level: All Abilities	11:30 am-Noon MRT Level: All Abilities	11:30 am-Noon MRT Level: All Abilities	11:30 am-Noon MRT Level: All Abilities	11:30 am-Noon MRT Level: All Abilities	
Achieve your Goals Check-ins times: Monday-Friday, 6:30 am, Noon, 3 pm					

Class Descriptions

MRT (Metabolic Resistance Training): No magic here - MRT is just a term covering various combinations of intense, efficient cardiovascular and muscular training. MRT can involve supersets, circuits, speed, and compound movements; it almost always packs a double-punch of aerobic and anaerobic work, breaking down barriers between traditional weight training and cardio. If you're sick of long rest periods and the sleepy treadmill slump, MRT might be for you.

Achieve Your Goals: A lifetime challenge, starts now! FREE event at the Fletcher Fitness Center, open to all authorized patrons.

- Fitness and Nutrition Mentoring.
- Setup a routine to achieve your health related goals.
- Nutrition Education provided by Go for Green, NOFFS Nutrition, and Mission Nutrition Facilitators.
- Weekly check-ins - Show up for yourself and stay committed.



Fletcher Fitness Center

Programs & Events are FREE to all authorized patrons

More info call: 207-438-4261

Operational Hours:

Mon-Fri, 5 AM - 8 PM

Sat & Sun, 8 AM - 4 PM

Class schedule information is subject to change without notice or obligations.
Get More Updates: www.navy.mwrportsmouthshipyard.com | www.facebook.com/pnsyffr