



Health Promotion

Rockwell Hall Gymnasium JEB Little Creek and Fort Story

2012 Class Schedule

ShipShape Class

8 week class for active duty personnel, providing basic nutrition, behavior modification, stress management and exercise techniques to lower and maintain an acceptable body weight and body fat.

Tuesday 1400 (8) 1.5-hr classes

Jan	10,17,24,31
Feb	07,14,21,28
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Mar	06,13,20,27
Apr	03,10,17,24
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May	01,08,15,22,29
Jun	05,12,19
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Jul	10,17,24,31
Aug	07,14,21,28
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Sep	04,11,18,25
Oct	02,9,16,23
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Nov	06,13,20,27
Dec	04,11,18

Tobacco Cessation

Interactive classes, providing tools to successfully become tobacco free. Medications, Zyban, Nicotine Replacement Therapy (NRT), and Chantix are available, if desired.

Wednesday 1130 (4) 1-hr classes

Jan	11,18,25,31
Feb	08,15,22,29
Mar	07,14,21,28
Apr	04,11,18,25
May	02,09,16,23
Jun	06,13,20,27
Jul	11,18,25,31
Aug	08,15,22,29
Sep	05,12,19,26
Oct	03,10,17,24
Nov	07,14,21,28
Dec	05,12,19,26

Tobacco Marathon

A four hour condensed tobacco cessation course.

Every third Thursday of the Month 0900

Jan	19	Jul	19
Feb	16	Aug	16
Mar	15	Sep	20
Apr	19	Oct	18
May	17	Nov	15
Jun	21	Dec	20

Tricare Prime Chesapeake 1700

Feb	09
May	10
Aug	09
Nov	08

Class Registration

Phone: 757-462-1491

Phone: 757-462-1734

Fax: 757-462-1733

Weight Management

Group classes geared towards nutritional weight management bring a lunch and join us to jump start your path to a fitter you.

Monday 1100 (Quarterly) 30 min class

Feb	06
May	07
Aug	06
Nov	05