

# GROUP EXERCISE SCHEDULE

## OCTOBER - DECEMBER 2022

### COMMUNITY CENTER, BLDG. 1004

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>TABATA</b> 9 - 10am Debra Max: 10 <small>20/10 Interval</small>	<b>POUND®</b> 9 - 10am Alyssa Max: 15	<b>BODY BOOST EXPRESS</b> 9 - 9:45am Alyssa Max: 10	<b>STEP AEROBICS</b> 9 - 10am Debra Max: 20	<b>ZUMBA®</b> 9 - 10am Debra
<b>FIT FUSION</b> 10:15 - 11:15am Alyssa Max: 10	<b>CIRCUIT TRAINING</b> 10:15 - 11:15am Alyssa Max: 10	<b>YOGA</b> 10:15 - 11:15am Kristine Max: 15	<b>FIT FUSION</b> 10:15 - 11:15am Alyssa Max: 10 <small>Del Valle Pavilion #1</small>	<b>TGIF</b> 10:15 - 11:15am Alyssa Max: 10
<b>ZUMBA® *</b> 11:30am - 12:30pm Jean *\$3 per class		<b>ZUMBA® *</b> 11:30am - 12:30pm Jean *\$3 per class	<b>20/20/20</b> 11:30am - 12:30pm Max: 10	<b>YOGA</b> 12 - 1pm Kristine Max: 15

#### CLASS DESCRIPTIONS

**POUND®** - A full body cardio jam session. This workout combines strength and conditioning with Pilates/yoga inspired movements with the use of weighted Ripstix.

**Fit Fusion** - Improve muscular strength, endurance, and cardiovascular fitness. Learn proper form and technique through powerful movements using body weight and free weights.

**Zumba®** - Tone and sculpt the body with an easy-to-follow, calorie-burning class. The choreography features aerobic/fitness interval training with a combination of fast and slow rhythms.

**Circuit Training** - Using an interval and circuit format, this class is appropriate for any fitness level. A full body workout focusing on building your strength, endurance, and core.

**20/20/20** - 20 min. cardio, 20 min. strength and 20 min abs.

**Tabata** - A 45-minute Interval training class that uses short bursts of all-out effort using a 2:1 work ratio. Traditional Tabata offers twenty seconds of work followed by ten seconds of recovery for eight rounds.

**TGIF** - Switch it up with this hard hitting class to send you strong into the weekend.

**Yoga** - Practice postures to strengthen and promote flexibility while also learning about breathing techniques and meditation.

**Body Boost Express** - A quick 30-45 minute workout that focuses on the thighs, glutes and tummy.

**Step Aerobics** - For all fitness levels, step involves cardio conditioning while performing choreographed routines to upbeat music. A classic workout that makes cardio fitness fun!

Classes with \* are contracted instructors and a \$3 fee is required to attend class. Make payments to the front desk prior to the start of class. Please arrive early/on-time as classes are first come first serve. Max capacities are strictly enforced. No classes are held on federal holidays.

**FOR ASSISTANCE AND MORE INFORMATION ON THE CLASSES, PLEASE CALL 760.830.3910 OR VISIT 29PALMS.USMC-MCCS.ORG**

Join the MCCS 29 Palms Facebook page for class changes, cancellations, etc. Semper Fit welcomes authorized patrons of all abilities.

