

GROUP EXERCISE SCHEDULE

FEBRUARY - MARCH 2023

COMMUNITY CENTER, BLDG. 1004

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|---|
| | | AB ATTACK 7 - 7:30am Debra | MEDITATIVE YOGA 6:30 - 7:30am Chelsey | |
| POWER HOUR 8:30 - 9:30am Debra | | | | |
| | TKO KICKBOXING SERIES 9 - 9:45am Wellbeats Virtual Class** | FUSION MIND BODY SERIES 9 - 9:45am Wellbeats Virtual Class** | INTERVAL TRAINING 9 - 10am Debra | TGIF 9 - 10am Debra |
| CYCLE & STRENGTH 10:15 - 11:15am Debra ⌚ Max: 12 | KINETICS SERIES 10:15 - 11:15am Wellbeats Virtual Class** | | KINETICS SERIES 10:15 - 11:15am Wellbeats Virtual Class** | ZUMBA® 10:15 - 11:15am Debra |
| ZUMBA® 11:30am - 12:30pm Jean* | | ZUMBA® 11:30am - 12:30pm Jean* | INDOOR CYCLE 11:30am - 12:30pm Debra Max: 12 | YOGA 12 - 1pm Kristine |
| | PREGNANCY EXPRESS 1 - 1:30pm Wellbeats Virtual Class** | | PREGNANCY EXPRESS 1 - 1:30pm Wellbeats Virtual Class** | |
| TKO STOMP STEP SERIES 4 - 5pm Wellbeats Virtual Class** | | TKO STOMP STEP SERIES 4 - 5pm Wellbeats Virtual Class** | | |

*\$3 Fee. Make payments to front desk prior to start of class.

**Wellbeats Virtual Class. Max participants 12.

Please arrive early/on-time as classes are first come first serve.
Max capacities are strictly enforced. No classes are held on federal holidays.

Join the Group Exercise Facebook Group for class agendas, changes, cancellations, etc.

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

Semper Fit welcomes authorized patrons of all abilities.



MCCS29PALMS



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CLASS DESCRIPTIONS

AB ATTACK - A 30 minute focused ab session.

CYCLE & STRENGTH - A combination of strength and cardiorespiratory training. Focus on traditional weight room exercises with heart pumping cardio drills on the bike.

FUSION MIND BODY SERIES** - Mind & body meld in invigorating and vitalizing courses where each class is the perfect integration of yoga and Pilates.

INDOOR CYCLE - A group indoor cycling workout where you control the intensity. It's fun, low impact and you can burn up to 500 calories a session.

INTERVAL TRAINING - An Interval training class that uses a 2:1 ratio. 20 seconds of work and 10 seconds of rest.

KINETICS SERIES** - Multi-activity classes include sport style cardio intervals with weight training circuits and muscle isolation work.

MEDITATIVE YOGA - Traditional vinyasa yoga that will focus on breathing techniques to guide through the movements and postures. This yoga will ground and bring awareness to the body and soul.

POWER HOUR - Start your week out strong with an instructor's choice workout.

PREGNANCY EXPRESS** - Pre/Post Pregnancy collection appropriate for all trimesters.

STOMP STEP SERIES** - Easy to follow yet inventive step patterns make Stomp doable and fun! A total body, cardio-driven workout.

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

TKO KICKBOXING SERIES** - A blend of martial arts disciplines, each class combines punches, kicks, and strikes for a knockout workout experience.

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

ZUMBA®* - Tone and sculpt the body with an easy-to-follow class. Aerobic/fitness interval training with a combination of fast and slow rhythms.

ZUMBA TONING®* - Combines body-sculpting exercises and high-energy cardio work infused with Zumba moves to create a calorie-torching, strength-training fitness party.

** *Wellbeat Virtual Class* - See Facebook Group for weekly agenda.

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.