

# GROUP EXERCISE SCHEDULE

## AUGUST - DECEMBER

COMMUNITY CENTER, BLDG. 1004

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>POWER HOUR</b> 9:00 - 10:00am Debra	<b>HIIT</b> 9:00 - 10:00am Debra Aug 6, 20   Sep 3, 17 Oct 1, 15, 29 Nov 12, 26   Dec 10	<b>AB ATTACK</b> 9:00 - 9:45am Debra	<b>CYCLE &amp; STRENGTH</b> 9:00 - 10:00am Debra Max: 12	<b>TGIF</b> 9:00 - 10:00am Debra	
	<b>CFT PREP</b> 11:00am - 12:00pm WARR Instructor** Del Valle Field		<b>CFT PREP</b> 11:00am - 12:00pm WARR Instructor** Del Valle Field		
<b>ZUMBA®</b> 11:30am - 12:30pm Jean*		<b>ZUMBA®</b> 11:30am - 12:30pm Jean*	<b>ZUMBA®</b> 11:30am - 12:30pm Debra		
			<b>HYDROFIT</b> 11:30am - 12:30pm WARR Instructor** Training Tank Bldg. 1508		<b>HYDROFIT</b> 11:30am - 12:30pm WARR Instructor** Training Tank Bldg. 1508

\*Contracted Instructors - \$3 fee is required to attend class. Make payments to the front desk prior to the start of class. Credit/Debit card only accepted.

\*\*WARR Instructor - Class is instructed by one of the Warrior Athlete Readiness and Resilience (WARR) certified instructors.

Group Exercise classes are held at the Community Center, Bldg. 1004 unless otherwise noted on the calendar. Semper Fit welcomes authorized patrons of all abilities.

For assistance and more information on the classes, please call 760.830.3910 or visit 29PALMS.USMC-MCCS.ORG.



Join the MCCS 29 Palms Group Exercise Facebook group for class updates, changes and cancellations.  
[facebook.com/groups/mccs29palmsgrouperercise](https://facebook.com/groups/mccs29palmsgrouperercise)



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### CLASS DESCRIPTIONS

**AB ATTACK** A 30 minute focused ab session.

**CFT PREP** Helps to improve strength, speed and agility, while learning helpful techniques to perform fundamental CFT movements.

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

**HIIT** High Intensity Interval Training is an interval training class that uses a 2:1 ratio, 20 seconds of work and 10 seconds of rest.

**HYDROFIT** Water-based functional fitness class designed to improve your swimming ability and strength with low impact training. Enhance cardiovascular endurance, flexibility, strength, and core stability.  
*(Class is held at the Training Tank, Bldg. 1508)*

**POWER HOUR** Start your week out strong with an interval based class in the Fitness Center. *(Childroom available to keep child(ren) within line of sight)*

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

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

**WELLBEATS** Workouts For Every(Body)! Caters to everyone's needs and interests with virtual workouts for every age, gender, interest, or ability level - some with no equipment needed. More than 1,000 virtual fitness classes include yoga, HIIT, strength training, cycling, circuits, kickboxing, dancing, stretching, and so much more. Available at the Community Center from 8am-4pm, first come first serve. Bring a friend or group and take a class together on your time.

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