

GROUP EXERCISE SCHEDULE

JANUARY - MARCH

COMMUNITY CENTER, BLDG. 1004 AND HILLTOP POOL, BLDG. 1576

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---------|---|--|---|
| POWER HOUR 9:00 - 10:00am Debra | | AB ATTACK 9:00 - 9:45am Debra | CYCLE & STRENGTH 9:00 - 10:00am Debra | TGIF 10:15 - 11:15am Debra |
| ZUMBA® 11:30am - 12:30pm Jean* | | ZUMBA® 11:30am - 12:30pm Jean* | ZUMBA® 11:30am - 12:30pm Debra | |
| | | WATER AEROBICS 6:00 - 6:30pm <i>Hilltop Pool</i> | | |

**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.*

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 MCCS29.ORG.



Join the MCCS 29 Palms Group Exercise Facebook group for class updates, changes and cancellations.
facebook.com/groups/mccs29palmsgrouplexercise



GROUP EXERCISE SCHEDULE

JANUARY - MARCH

COMMUNITY CENTER, BLDG. 1004 AND HILLTOP POOL, BLDG. 1576

CLASS DESCRIPTIONS

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

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.)*

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

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

AB ATTACK A 30-minute focused ab session.

WATER AEROBICS Make a splash with this low-impact, full-body workout designed to improve strength, flexibility and cardiovascular fitness. Perfect for all fitness levels. Join us for a refreshing and energizing session in the water!

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