

GROUP EXERCISE SCHEDULE

JANUARY - MARCH

COMMUNITY CENTER, BLDG. 1004

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
POWER HOUR 9:00 - 10:00am Debra		AB ATTACK 9:00 - 9:45am Debra	YIN YOGA 9:00 - 10:00am Christyn*	
	PFT PREP 11:00am - 12:00pm WARR Instructor** <i>Del Valle Field</i>		PFT PREP 11:00am - 12:00pm WARR Instructor** <i>Del Valle Field</i>	TGIF 10:15 - 11:15am Debra
ZUMBA® 11:30am - 12:30pm Jean*	YIN YOGA 11:30am - 12:30pm Christyn*	ZUMBA® 11:30am - 12:30pm Jean*	ZUMBA® 11:30am - 12:30pm Debra	

**Contracted Instructors - \$3 fee is required to attend class. Make payments to the front desk prior to the start of class. Only credit/debit cards accepted.*

***WARR Instructor - Class 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



GROUP EXERCISE SCHEDULE

JANUARY - MARCH

COMMUNITY CENTER, BLDG. 1004

CLASS DESCRIPTIONS

AB ATTACK A 30-minute focused ab session.

PFT PREP A class designed to help improve pull-ups, planks and running mechanics. Make it a part of your weekly training plan!

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.

WELLBEATS Workouts for everyBODY! Caters to everyone's needs and interest 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.

YIN YOGA A meditative style of yoga with long holds of 3-7 minutes, working with the Chinese meridians and subtle body energy centers. Great for stress relief, reducing anxiety, improving poor circulation and increasing flexibility. Accessible for everyBODY.

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

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