

# GROUP EXERCISE SCHEDULE

## JULY - SEPTEMBER

COMMUNITY CENTER, BLDG. 1004

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>POWER HOUR</b> 9:00 - 10:00am Debra		<b>AB ATTACK</b> 9:00 - 9:45am Debra	<b>CYCLE &amp; STRENGTH</b> 9:00 - 10:00am Debra	<b>TGIF</b> 9:00 - 10:00am Debra
	<b>PFT PREP</b> 11:00am - 12:00pm <b>WARR Instructor**</b> <i>Del Valle Field</i>		<b>PFT PREP</b> 11:00am - 12:00pm <b>WARR Instructor**</b> <i>Del Valle Field</i>	
<b>ZUMBA®</b> 11:30am - 12:30pm Jean*		<b>ZUMBA®</b> 11:30am - 12:30pm Jean*	<b>ZUMBA®</b> 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/mccs29palmsgroupecercise](https://facebook.com/groups/mccs29palmsgroupecercise)





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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.

**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.

**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.