

# GROUP EXERCISE SCHEDULE

## APRIL - JUNE

COMMUNITY CENTER, BLDG. 1004 AND TRAINING TANK, BLDG. 1508

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>ZUMBA®</b> 11:30am - 12:30pm Debra			<b>ZUMBA®</b> 11:30am - 12:30pm Debra	
		<b>WATER AEROBICS</b> 6:00 - 6:30pm <i>Training Tank</i>		

*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](http://MCCS29.ORG).



Join the MCCS 29 Palms Group Exercise Facebook group for class updates, changes and cancellations.  
[facebook.com/groups/mccs29palmsgroupeexercise](https://facebook.com/groups/mccs29palmsgroupeexercise)



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### 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!  
*Held at Training Tank, Bldg. 1508.*

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