




# September 2025



Any questions, email MCCSOps@usmc-mccs.org

<https://29palms.usmc-mccs.org/>

Date	Time	Event Title	Location	Description/Purpose	Target Audience	MCCS Program/POC
09/04	1000-1100	Special Education Workshop	Virtual	Join us for an engaging and informative Special Education Series designed to empower families, caregivers, and educators with essential knowledge and tools. This event will cover a range of key topics including: Addressing Behavior Problems at School; Unlocking the Mysteries of IEP Assessments; Crafting & Critiquing the IEP, Tactics & Strategies for a Successful IEP Meeting, Introduction to Special Education, Including IEPs & IFSPs. Gain valuable insights to better support your child's educational journey and become a confident advocate in the special education process. Register online at <a href="https://www.eventbrite.com/e/special-education-workshop-series-tickets-1301428901879">https://www.eventbrite.com/e/special-education-workshop-series-tickets-1301428901879</a>	Active Duty / Families	Alysia Mayberry-Harris alysia.mayberryharri@usmc.mil 830-7740
09/05	1000-1130	Sponsorship Coordinator Training Workshop	Career Resource Office, Bldg. 1526	Per MCO 1320.11H, each unit is required to have a Sponsorship Coordinator who trains and assigned sponsors to incoming Marines. This workshop is designed to train Unit Sponsorship Coordinators (USC) to better understand their roles, duties, and responsibilities in the unit's Sponsorship program. This workshop will review all pertinent orders and directives, the Functional Area Inspection (FAI) checklist items, and update current USCs on changes within the program. Registration required via phone at 760-830-6344.	Active Duty	Brittany Rising brittany.rising@usmc.mil 830-6344
09/06	0900-1000	Bee Creative	Exceptional Family Member Program Bldg. 1447N	BEE Creative—a space where imagination thrives, connections grow, and creativity transforms into beautiful works of art! This engaging event provided EFMP families and military service members with a safe and welcoming environment to express themselves artistically while building valuable support networks and fostering relationships with other parents. Register by calling EFMP at 760-830-7740.	Active Duty / Families	Alysia Mayberry-Harris alysia.mayberryharri@usmc.mil 830-7740
09/06	0900-1100	Puppy Plunge	Family Pool Bldg. 697	A fun day for dogs to socialize and swim at the Family Pool. There will be giveaways and a costume contest. There is no cost per patron or puppy. Event includes admittance to the pool for dogs, events with prizes and giveaways. There is no registration required.	All Hands	Wesley Geduld Wesley.geduld@usmc-mccs.org 830-6212.
09/06	1800-2000	SMP Event: Trivia Night	Single Marine Program Bldg. 1532	Teams of 3 players, trivia questions ranging from modern history, Marine Corps history, MCCS knowledge, pop culture and music. First team to answer 10 questions correct wins a MCX Gift Card.	Single Marines	Alejandro Galicia alejandro.galicia@usmc-mccs.org 830-4767
09/08	0800-1930	Star Trek Day	Combat Center Library, Bldg. 1524	Promotion of the library's Star Trek print, DVD, and digital materials. No registration required.	MCAGCC Patrons	Julie Bramman Julie.Bramman@usmc-mccs.org 830-6508
09/08 - 09/09	1300-1500	2-Day Employment Workshop	Education Center, Bldg. 1530	The Family Member Employee comprehensive two-day workshop will enhance your employability, build your confidence, and prepare you for success. Day 1: Resume Building/Writing - Get ready to dive into essential resume-building techniques and strategies to help you stand out in your job search. Day 2: Job Search & Application Submission - Put your resume into action as you learn effective job search strategies and receive support in applying to job vacancies. Register the Friday before the event, in-person at bldg. 1526, phone at 760-830-4030 or email at plmsppd@usmc.mil.	MCAGCC Patrons	Gillian Luera plmsppd@usmc.mil 830-4030
09/10	0900-1100		Sunset Cinema, Bldg. 1510	Commanding General's Welcome Aboard Brief. No registration required.	Active Duty / Families	Brittany Rising brittany.rising@usmc.mil 830-6344



# September 2025



Any questions, email [MCCSOps@usmc-mccs.org](mailto:MCCSOps@usmc-mccs.org)

<https://29palms.usmc-mccs.org/>

Date	Time	Event Title	Location	Description/Purpose	Target Audience	MCCS Program/POC
09/10 - 09/11	0900-1400	L.I.N.K.S. Mentor Training	Education Center, Bldg. 1530, Rm 304	Attendees will be given a L.I.N.K.S. Mentor Training to prepare them to become Mentors. The first day of training will consist of learning about the history of L.I.N.K.S., how to conduct a class, and public speaking. The second day will consist of preparing and giving a class. Registration required by August 26, 2025 at <a href="https://29palms.usmc-mccs.org/activity/b1bb3d4d-2ff8-4450-b65a-7a05655e969f">https://29palms.usmc-mccs.org/activity/b1bb3d4d-2ff8-4450-b65a-7a05655e969f</a> or <a href="https://tinyurl.com/sep-mentor">tinyurl.com/sep-mentor</a> .	Spouses	Samantha Sortino <a href="mailto:plmsmctfb@usmc.mil">plmsmctfb@usmc.mil</a> 830-1696
09/10	1300-1400	Introduction to EFMP/Respite Care Overview	Bldg. 1447N	The Introduction to the Exceptional Family Member Program (EFMP) session provides an overview of the Program's purpose, services, and enrollment process. Learn how EFMP supports military families by ensuring that the medical and educational needs of family members with special needs are considered during the assignment process. We highlight available resources, family support services, and how to connect with EFMP staff for continued guidance. Respite Care provides short-term, temporary relief for families caring for individuals with special needs enrolled in EFMP. It allows caregivers time to rest, attend appointments, or manage personal responsibilities. The type and amount of care available is based on the Exceptional Family Member's Level of Need (LoN), and providers must meet specific certification or licensing requirements depending on the level. Register at <a href="https://29palms.usmc-mccs.org/activity/f4d8fe30-e967-40d8-acf3-792230321ff9">https://29palms.usmc-mccs.org/activity/f4d8fe30-e967-40d8-acf3-792230321ff9</a> or by calling 760-830-7740.	Active Duty / Families	Alysia Mayberry-Harris <a href="mailto:alysia.mayberryharri@usmc.mil">alysia.mayberryharri@usmc.mil</a> 830-7740
09/10	1730-1930	Welcome Aboard for Spouses	Frontline Restaurant, Bldg. 1573	Commanding General's Welcome Aboard Brief. No registration required.	Active Duty / Families	Brittany Rising <a href="mailto:brittany.rising@usmc.mil">brittany.rising@usmc.mil</a> 830-6344
09/11	0800-1600	Baby Boot Camp	Location provided at time of registration	Psychoeducational class for expectant/new parents. It includes education on parental self-care and care of a newborn. Registration opens after August 14, 2025, register by September 4, 2025 at <a href="https://29palms.usmc-mccs.org/activity/c1b24474-0e7b-4811-8a38-0a17893788dc">https://29palms.usmc-mccs.org/activity/c1b24474-0e7b-4811-8a38-0a17893788dc</a> .	Families (Expectant Parents)	Anna Thomalla <a href="mailto:plmsfap@usmc.mil">plmsfap@usmc.mil</a> 830-7622
09/11	0800-1200	Suicide Prevention Symposium	Frontline Restaurant, Bldg. 1573	Provide installation command teams with a better understanding of the available resources and the most effective means to leverage those resources to address suicide in their commands. No registration required.	Command Teams	Monique Sandifer <a href="mailto:plmsccp@usmc.mil">plmsccp@usmc.mil</a> 830-4314
09/11	1630-1830	MCCS Community Expo	Liberty Housing Adobe Flats	Provide resources to Liberty Housing Communities. No registration required.	Active Duty / Families	Monique Sandifer <a href="mailto:plmsccp@usmc.mil">plmsccp@usmc.mil</a> 830-4314
09/12	1800-2200		Del Valle Softball Fields	MCCS is bringing full-contact adrenaline to the desert with 8 intense fights, a championship main event, and a chance to meet a celebrity guest host, UFC fighter Miesha Tate. The night will be stacked with live DJ sets, a big-name ring announcer, ring girls, Body Art Bus, food and beer concessions, and an exclusive meet and greet. You train hard - now watch the pros go harder. FREE entry, high energy, all-out action.	MCAGCC Patrons	Wanda Christians <a href="mailto:wanda.christians@usmc-mccs.org">wanda.christians@usmc-mccs.org</a> 830-5086
09/15	1700-2000	SMP Event: Dungeons and Dragons	Single Marine Program Bldg. 1532	Spend the evening in fantasy world building team cohesion. Free to play. No registration required.	Single Marines	Alejandro Galicia <a href="mailto:alejandro.galicia@usmc-mccs.org">alejandro.galicia@usmc-mccs.org</a> 830-4767
09/16	1700-2000	Whacha Cookin	Health Promotions Bldg. 1533	You will be given a \$20 gift card to purchase the food that is needed for the class. We will shuttle you to the Commissary for a comprehensive tour, then return to Bldg. 1533 for an interactive cooking class. To top it off; you get to eat what you make! Classes are FREE. Open to all. Register by scanning the QR code.	All Hands	Nicole Mintz <a href="mailto:Nicole.Mintz@usmc-mccs.org">Nicole.Mintz@usmc-mccs.org</a> 830-5076
09/18	0830-1530	L.I.N.K.S. Foundations	Education Center, Bldg. 1530	A class to help spouses learn how to navigate the military lifestyle and new duty stations. Register by September 15, 2025 at <a href="https://29palms.usmc-mccs.org/calendar-of-events">https://29palms.usmc-mccs.org/calendar-of-events</a> .	Spouses	Samantha Sortino <a href="mailto:plmsmctfb@usmc.mil">plmsmctfb@usmc.mil</a> 830-1696



# September 2025



Any questions, email [MCCSOps@usmc-mccs.org](mailto:MCCSOps@usmc-mccs.org)

<https://29palms.usmc-mccs.org/>

Date	Time	Event Title	Location	Description/Purpose	Target Audience	MCCS Program/POC
09/18	1100-1300	Military Moms & Munchkins (MM&Ms) Playgroup	Shadow Mountain Branch Library, Bldg. 692	Military Moms & Munchkins is a monthly playgroup that allows parents of children ages 0-5 to receive education and support in parent-child interactions. NPSP Staff will be available on the 3rd Thursday of each month at the Shadow Mountain Indoor Playground with educational information and activities. No registration required.	Parents of Children Ages 0-5	Anna Thomalla <a href="mailto:plmsfap@usmc.mil">plmsfap@usmc.mil</a> 830-7622
09/19	CCL: 0800-1930 SMBL: 1000-1730	Speak like a Pirate	Combat Center Library, Bldg. 1524 and Shadow Mountain Branch Library, Bldg. 692	Promotion of the Mango Languages database through demonstrations, coloring and activity pages, and app downloading instruction. No registration required.	MCAGCC Patrons	Julie Bramman <a href="mailto:Julie.Bramman@usmc-mccs.org">Julie.Bramman@usmc-mccs.org</a> 830-6508
09/20	0800-2100	SMP Trip: Aerial Tramway & Ice Skating	Single Marine Program Bldg. 1532 / Palm Springs, CA	Come join us for a fun, two-part adventure in beautiful Palm Springs! We'll start the day at the famous Palm Springs Aerial Tramway, where you'll ride up Mount San Jacinto and enjoy breathtaking views from the top, as well as the chance to explore scenic walking trails. After descending the mountain, we'll head to the second part of the trip: ice skating at the Berger Foundation IcePlex. This trip is free to sign up for, but participants are responsible for paying at the door for each activity. Sign-ups begin September 2 at Spike's Place, Building 1532 front desk — don't miss out on this unique and memorable experience!	Single Marines	Darryl Elliot <a href="mailto:darryl.elliott@usmc-mccs.org">darryl.elliott@usmc-mccs.org</a> 830-4767
09/23	0900-1000	Accessing Community Resources	Bldg. 1447N	This workshop will equip families with the tools to identify and connect with local, state, and national resources tailored to their unique needs. Families will learn how to navigate systems of support, advocate effectively, and build a network of services that enhance quality of life for their Exceptional Family Member. Knowledge of available community programs and services: Tips on navigating support systems and referrals, Tools to become confident advocates for their family's needs. <a href="https://29palms.usmc-mccs.org/activity/f4d8fe30-e967-40d8-acf3-792230321ff9">Register at https://29palms.usmc-mccs.org/activity/f4d8fe30-e967-40d8-acf3-792230321ff9</a> or by calling 760-830-7740.	Active Duty / Families	Alysia Mayberry-Harris <a href="mailto:alysia.mayberryharri@usmc.mil">alysia.mayberryharri@usmc.mil</a> 830-7740
09/24	0900-1030	Smooth Move	Career Resource Office, Bldg. 1526	The purpose of the Smooth Move event is to provide service members and their families with mandatory information they need for their Permanent Change of Station (PCS) Move. MCO 1745.11 States that all transferring service members are to attend a mandatory PCS departure workshop at least 60-90 days prior to transfer. Registration highly encouraged by calling 760-830-6344.	Active Duty / Spouses	Brittany Rising <a href="mailto:brittany.rising@usmc.mil">brittany.rising@usmc.mil</a> 830-6344
09/25	0900-1100	L.I.N.K.S. Events and Etiquette	Education Center, Bldg. 1530, Rm 304	Spouses will be taught the L.I.N.K.S. module Events & Etiquette to get them ready for the Marine Corps Birthday Ball and other events during their time with the Marine Corps. Participants will experience a formal table setting, understand appropriate attire, and learn how to introduce themselves and others. Registration required by September 22, 2025 via <a href="https://29palms.usmc-mccs.org/calendar-of-events">https://29palms.usmc-mccs.org/calendar-of-events</a> .	Spouses	Samantha Sortino <a href="mailto:plmsmcftb@usmc.mil">plmsmcftb@usmc.mil</a> 830-1696
09/25	0900-1300	Career and Education Expo	Bldg. 1707	The event has over 70 educational and employment agencies on hand to provide information on their programs/opportunities. Past agencies have included colleges, vocational schools, law enforcement, federal and civilian companies from all over the country. No registration required.	MCAGCC Patrons	Berek Krehmeier <a href="mailto:berek.krehmeier@usmc.mil">berek.krehmeier@usmc.mil</a> 830-4031
09/25	1300-1600	STARS	Education Center, Bldg. 1530, Rm 302	The Spouse Transition and Readiness Seminar (STARS) acknowledges the reality of leaving military service. Offering support and resources not only for the Active-Duty Service Members but also for their spouse and family. By recognizing the comprehensive nature of transition, STARS aims to prepare families for the challenges and opportunities that lie ahead, ensuring a smoother transition for all involved. Registration is recommended by calling 760-830-4030, emailing <a href="mailto:plmsppd@usmc.mil">plmsppd@usmc.mil</a> , or in-person at CRO.	Military Spouses	Gillian Luera <a href="mailto:plmsppd@usmc.mil">plmsppd@usmc.mil</a> 830-4030



# September 2025



Any questions, email [MCCSOps@usmc-mccs.org](mailto:MCCSOps@usmc-mccs.org)

<https://29palms.usmc-mccs.org/>

Date	Time	Event Title	Location	Description/Purpose	Target Audience	MCCS Program/POC
09/26	1100	FAFSA Workshop	Education Center, Bldg. 1530	The FAFSA Workshop is a monthly workshop open to all eligible base personnel, offering step-by-step guidance on completing the Free Application for Federal Student Aid (FAFSA). The session covers deadlines, required documents, and tips for maximizing aid eligibility, helping participants access federal grants, loans, and scholarships for higher education. No registration required.	MCAGCC Patrons	Erin Keeran <a href="mailto:erin.keeran@usmc.mil">erin.keeran@usmc.mil</a> 830-6881
09/27	0800-1400	29 Strong	Del Valle Field Fitness Area	29 Strong Feats of Strength. Come out to see who the strongest duo is on MCAGCC. (5) strong man events for competing teams, (1) exhibition event for anyone who attends. Registration will begin 11 September and end 25 September. The event is free. Register by scanning the QR code.	All Hands	J.P. Jennings <a href="mailto:james.jennings@usmc-mccs.org">james.jennings@usmc-mccs.org</a> 830-3807
09/27	0800-2300	SMP Trip: MCAS Miramar Air Show	Single Marine Program Bldg. 1532 / San Diego, CA	Join us on a trip to experience the incredible Miramar Air Show — one of the best air shows around! This trip is free to join, but participants are responsible for purchasing their own food and drinks. Sign-ups begin September 12 at Spike's Place, Building 1532 front desk — don't miss out on this unique and unforgettable experience!	Single Marines	Darryl Elliot <a href="mailto:darryl.elliott@usmc-mccs.org">darryl.elliott@usmc-mccs.org</a> 830-4767
09/30	0900-1100	Passport to Volunteering	Education Center, Bldg. 1530, Rm 304	Everything you need to know about serving the Marine Corps & community! Come learn about how to find local volunteer opportunities, maintaining personal volunteer records, volunteer hour time management, and more! Registration required by emailing <a href="mailto:plmsmcfb@usmc.mil">plmsmcfb@usmc.mil</a> .	MCAGCC Patrons	Samantha Sortino <a href="mailto:plmsmcfb@usmc.mil">plmsmcfb@usmc.mil</a> 830-1696
09/30	1100-1200	Tiny Tales Lapsit	Shadow Mountain Branch Library, Bldg. 692	Introducing Tiny Tales Lapsit, our usual Lapsit event, now on Tuesdays! In-person story time for ages 0-3. A gentle introduction to stories, rhythm, and connection. Lapsit is a special gathering designed for our littlest learners—infants to toddlers—and their caregivers. Babies engage in playful, developmentally rich activities including songs, rhymes, fingerplays, and shared reading. The first 30 minutes will be songs and reading, while the last 30 minutes will be playtime. Registration required by calling Shadow Mountain Branch Library at (760) 830-4265, or come in during business hours to register for any up-coming Lapsits or to cancel.	Children (0-3 yrs) and Parents	Ashley Harrell <a href="mailto:plmsppd@usmc.mil">plmsppd@usmc.mil</a> 830-6875

Weekly Events in September						
Date	Time	Event Title	Location	Description/Purpose	Target Audience	MCCS Program/POC
All Month	CCL: 0800-1930, SML: 1000-1730	Makerspace	Combat Center Library, Bldg. 1524 & Shadow Mountain Branch Library, Bldg. 692	Learn how to use Makerspace equipment during the library's open hours. We have sewing machines, Cricuts, woodburning tools, art supplies, and more. We will be adding to the collection so join us on the MCCS 29 Palms Library Facebook group to be the first to know! <a href="https://www.facebook.com/share/g/1CpCWPu9w/">https://www.facebook.com/share/g/1CpCWPu9w/</a> No registration needed.	MCAGCC Patrons	Julie Bramman & Ashley Harrell <a href="mailto:plmsppd@usmc.mil">plmsppd@usmc.mil</a> 830-4265/6875
All Month	1000-1730	Curbside Crafts	Shadow Mountain Branch Library, Bldg. 692	Curbside Crafts is a pick-up and go craft program. Each day throughout the month, patrons can pick-up the supplies needed to make a craft at home. One new craft provided each month. No registration required.	MCAGCC Patrons	Ashley Harrell <a href="mailto:plmsppd@usmc.mil">plmsppd@usmc.mil</a> 830-6875
Every Monday, Thursday & Friday	Mon: 1500 Thurs: 1100 Fri: 1300	Tuition Assistance Brief	Education Center, Bldg. 1530	A Tuition Assistance brief for active duty Marines covers eligibility, application steps, funding limits, and reimbursement policies. It explains how to request TA, complete required training, and work with an Education Counselor. The brief also highlights selecting accredited schools and aligning education goals with personal and professional advancement. No registration required. <b>Thursday session also available via Zoom</b> <b>ID: 857 8254 0349 / Password: TA</b>	Active Duty	Erin Keeran <a href="mailto:erin.keeran@usmc.mil">erin.keeran@usmc.mil</a> 830-6881
Every Wednesday & Saturday	1100-1200	Wood Hobby Shop: Safety Class	Wood Hobby Shop Bldg. 1342	Patrons must attend a FREE 60 min safety class prior to using this facility. The classes are held every Saturday at 11am and Wednesday at 5pm. Call for details.	18+ MCAGCC Patrons (Ages 16-17 w/adult)	Robert Henry <a href="mailto:Robert.Henry@usmc-mccs.org">Robert.Henry@usmc-mccs.org</a> 830-7214
Every Wednesday	1100-1200 & 1400-1500	Lapsit / Storytime	Shadow Mountain Branch Library, Bldg. 692	Every Wednesday the Shadow Mountain Branch Library hosts an in-person story time. Lapsit: Ages 0-3 from 1100-1200 (excluding 3 Sep) and Storytime: Ages 4+ 1400-1500	Active Duty/Families	Ashley Harrell <a href="mailto:plmsppd@usmc.mil">plmsppd@usmc.mil</a> 830-6875
Every Wednesday	1300	GI Bill Workshop	Education Center, Bldg. 1530	This GI Bill workshop provides an overview of education benefits available to active duty service members, retirees, and veterans. It covers eligibility, transfer options, application steps, and key differences between Post-9/11 and Montgomery GI Bill programs, helping participants make informed decisions about maximizing their education and career opportunities. No registration required.	Active Duty, Veterans, Retirees	Erin Keeran <a href="mailto:erin.keeran@usmc.mil">erin.keeran@usmc.mil</a> 830-6881



# September 2025



Any questions, email [MCCSOps@usmc-mccs.org](mailto:MCCSOps@usmc-mccs.org)

<https://29palms.usmc-mccs.org/>

Date	Time	Event Title	Location	Description/Purpose	Target Audience	MCCS Program/POC
Every Wednesday & Saturday	1100-1200	Wood Hobby Shop: Safety Class	Wood Hobby Shop Bldg. 1342	A woodworking safety class is essential for anyone interested in woodworking to learn proper techniques and precautions, helping prevent injuries and ensure a safe working environment. The class typically covers the safe use of tools and equipment, proper handling of materials, personal protective equipment (PPE), and emergency procedures. Participants will gain knowledge on how to operate saws, drills, and sanders safely, recognize hazards such as splinters, dust, and sharp tools, and understand the importance of workspace organization and maintenance. Attending such a class not only enhances safety awareness but also improves craftsmanship and confidence in working with wood and is a requirement for using the Wood Hobby Shop. The class is FREE and given every Wednesday at 1700 and Saturday at 1100. No sign up needed, just show up! Call 830-7214 for more information	18+ MCAGCC Patrons (Ages 16-17 w/adult)	Robert Henry <a href="mailto:Robert.Henry@usmc-mccs.org">Robert.Henry@usmc-mccs.org</a> 830-7214
Every Thursday	1000-1100	Century Anger Management (CAM)	Education Center, Bldg. 1530	Series of 8 classes that reviews tools for anger management to assist participants with examining triggers, health, and constructive ways to express frustrations. Registration recommended by calling 760-830-6345 or emailing <a href="mailto:plmsfap@usmc.mil">plmsfap@usmc.mil</a> . Space is limited.	MCAGCC Patrons	Nina Morales & Barbara Griswold, <a href="mailto:plmsfap@usmc.mil">plmsfap@usmc.mil</a> , 760-830-6345
Every Thursday	1330-1600	Pre-Separations Brief	Career Resource Office, Bldg. 1526	The Pre-Separation Brief is a required step in the transition process. Contact your command for information before registering.	Active Duty	McArthur Wright <a href="mailto:mcarthur.wright@usmc.mil">mcarthur.wright@usmc.mil</a> 830-5955
Every Thursday	1800-2000	Trading Card Game Night	Single Marine Program Bldg. 1532	Bring your own trading cards to play or trade every Thursday at Spike's Place. No registration required.	Active Duty	Darryl Elliot <a href="mailto:darryl.elliott@usmc-mccs.org">darryl.elliott@usmc-mccs.org</a> 830-4767
Every Friday	0900-1200	FAFSA Fridays	Education Center, Bldg. 1530	FAFSA Fridays offers a convenient drop-in opportunity for all eligible base personnel to receive one-on-one assistance with completing the Free Application for Federal Student Aid (FAFSA). Staff are available to answer questions, review required documents, and provide guidance to help participants maximize financial aid opportunities for higher education. No registration required.	MCAGCC Patrons	Erin Keeran <a href="mailto:erin.keeran@usmc.mil">erin.keeran@usmc.mil</a> 830-6881
Every Saturday & Sunday	1030-1530	Game On!	Shadow Mountain Branch Library, Bldg. 692 Combat Center Library, Bldg. 1524	Gaming event encompassing various types of games: video, tabletop, card, RPG, etc. Will incorporate gaming tournaments, challenges, and friendly competition. No registration required.	MACGCC Patrons	Ashley Harrell <a href="mailto:plmsppd@usmc.mil">plmsppd@usmc.mil</a> 830-6875

WEEKLY GROUP EXERCISE SCHEDULE						
Monday	0900 - 1000	Power Hour	Community Center, Bldg. 1004	Start your week out strong with an interval based class in the Fitness Center (Child room available to keep child(ren) in line of sight). \$3 dollar fee and will be first come first serve.	MCGACC Patrons	Joshua Miller <a href="mailto:joshua.miller@usmc-mccs.org">joshua.miller@usmc-mccs.org</a> 830-3910
Every Monday, Wednesday, & Thursday	1130 - 1230	ZUMBA	Community Center, Bldg. 1004	Tone and sculpt the body with an easy-to-follow class. Aerobic/fitness interval training with a combination of fast and slow rhythms. \$3 dollar fee and will be first come first serve.	MCGACC Patrons	Joshua Miller <a href="mailto:joshua.miller@usmc-mccs.org">joshua.miller@usmc-mccs.org</a> 830-3910
Every Tuesday & Thursday	1100 - 1200	PFT Prep	Del Valle Field	Let us help you improve pull-ups, planks and running mechanics. Make it a part of your weekly training plan! Class instructed by one of the Warrior Athlete Readiness and Resilience certified instructors. First come first serve.	Active Duty	J.P. Jennings <a href="mailto:james.jennings@usmc-mccs.org">james.jennings@usmc-mccs.org</a> 830-3807
Wednesday	0900 -0945	AB Attack	Community Center, Bldg. 1004	A 30-minute focused ab session. \$3 dollar fee and will be first come first serve.	MCGACC Patrons	Joshua Miller <a href="mailto:joshua.miller@usmc-mccs.org">joshua.miller@usmc-mccs.org</a> 830-3910
Every Thursday	0900-0945	Cycle & Strength	Community Center Bldg. 1004	A combination of strength and cardiorespiratory training. Focus on traditional weight room exercises with heart pumping cardio drills on the bike. Cycle and Strength is a free class and will be first come first serve. No registration required.	MCGACC Patrons	Joshua Miller <a href="mailto:joshua.miller@usmc-mccs.org">joshua.miller@usmc-mccs.org</a> 830-3910
Every Tuesday & Thursday	1100 - 1200	PFT Prep	Del Valle Field	Let us help you improve pull-ups, planks and running mechanics. Make it a part of your weekly training plan! Class instructed by one of the Warrior Athlete Readiness and Resilience certified instructors. First come first serve.	Active Duty	J.P. Jennings <a href="mailto:james.jennings@usmc-mccs.org">james.jennings@usmc-mccs.org</a> 830-3807
Every Thursday	0900-0945	Cycle & Strength	Community Center Bldg. 1004	A combination of strength and cardiorespiratory training. Focus on traditional weight room exercises with heart pumping cardio drills on the bike. Cycle and Strength is a free class and will be first come first serve. No registration required.	MCGACC Patrons	Joshua Miller <a href="mailto:joshua.miller@usmc-mccs.org">joshua.miller@usmc-mccs.org</a> 830-3910
Friday	0900 - 1000	TGIF	Community Center, Bldg. 1004	Switch it up with this hard-hitting class to send you strong into the weekend. \$3 dollar fee and will be first come first serve.	MCGACC Patrons	Joshua Miller <a href="mailto:joshua.miller@usmc-mccs.org">joshua.miller@usmc-mccs.org</a> 830-3910