



GROUP EXERCISE SCHEDULE

Class Schedule and Times Effective
January 3rd - April 1st 2012

Semper Fit Center (bldg. 2002)

858.577.4654

MON	TUE	WED	THU	FRI	SAT	SUN
		MIX IT UP! 0600			YOGA 0830	NO CLASSES
BASIC 101 0930	ZUMBA 0930	BASIC 101 0930		SENIOR FIT YOGA 0915	ZUMBA FITNESS 0930	
XPRESS ABS 1100	XPRESS ABS 1100	XPRESS ABS 1100	BUTTS & GUTS 1100	ZUMBA TONING 1030		
STEP, MUSCLE MAX 1130	YOGA 1130	BYOB 1130	XPRESS CARDIO 1130	YOGA 1130		
			XPRESS CHALLENGE 1200			
BUTTS & GUTS 1630	ZUMBA 1630	ZUMBA 1630	ZUMBA 1630	<div style="border: 1px solid black; padding: 5px;"> <p>Please Arrive 5 - 10 minutes Prior to Class if You are New to Exercise or if You are Participating in Cycling, Body Sculpting or Zumba.</p> <p>For Class Description See Reverse Side.</p> </div>		
PIYO 1700	VINYASA FLOW 1730	ATHLETIC YOGA 1730	PILATES MATS 1730			
BYOB XPRESS 1800						

Miramar Sports Complex (bldg. 2471)

858.577.4128

	SEMPER CYCLING 0545		SEMPER CYCLING 0545		SEMPER CYCLING 0900
SEMPER CYCLING 1130	SEMPER CYCLING 1130	SEMPER CYCLING 1130	SEMPER CYCLING 1130	SEMPER CYCLING 1130	
SEMPER CYCLING 1645		SEMPER CYCLING 1645			

Interested in Becoming an Instructor?

Please contact Group Exercise Coordinator Elizabeth Fizer: (858) 577.4669
Email elizabeth.fizer@usmc.mil

Classes subject to change based on attendance.
Instructors subject to change based on availability.

No Classes on Holidays and Holiday Weekends.

Class Notes:

Zumba classes are limited to Active duty, dependants, retirees and authorized DOD patrons.

All spin classes will be 45 minutes.

"Resolution Ride" Sunday January 1st at 09:15 am, at the Miramar Sports Complex, arrive at 9:00 am for bike set up and instructions, new beginners are welcome!

Information & Questions:

call : (858) 577.4669
visit: www.mccsmiramar.com



"Serving Those Who Serve"

CLASS DESCRIPTIONS

ATHLETIC YOGA - An intense yoga class designed to meet the needs of the athlete or those wanting a challenge from their regular yoga class

BASIC 101 - Work on the fundamentals of step, kickboxing, muscle challenge and more.

BOOT CAMP CHALLENGE - Military style training for every fitness level.

BUTTS & GUTS - It's half an hour of sculpting the lower body and abs.

BYOB (Build Your Own Body) - This class strengthens your entire body. This 60-minute workout challenges all your major muscle groups by using the best-weights-room exercises like squats, presses, lifts and curls. Focus is on correct lifting technique and postural alignment.

BYOB Xpress - This mini 30 minute version of BYOB is a workout that will challenge all your big muscle groups!!! It's guaranteed to start you weekend with a bang.

MIX IT UP - 30 minutes of spin / 30 minutes of drills.

PILATES MAT - Mixed level class focuses on basic Pilates principles of abdominal control, breathing, concentration, centering, strength, precision, posture and basic body awareness. Various props such as resistance bands, light weights and balls are incorporated to enhance and intensify this Pilates workout.

PILATES/YOGA (PIYO) - Sports stretch and athletics that will help you burn calories and build muscle! This workout provides an incredible mind/body experience that will help you lose weight and completely transform your body.

SEMPER CYCLING - An indoor group cycling class designed for all fitness levels. Add new dimension and excitement to your workout!

SENIOR FIT - This class caters to the mature adult and is structured to improve balance, flexibility and obtain optimal joint stability. Class limited to the first 30 participants.

STEP AND MUSCLE MAX - Step interval drills combined with strength, power and endurance workout.

VINYASA FLOW - "Breath-Synchronized Movement." In other words, you will be instructed to move from one pose to the next on an inhale or an exhale. This technique is Vinyasa Flow, because of the smooth way that the poses run together and become like a dance.

XPRESS ABS - Looking for your 6-Pack? Spend 30 minutes focusing on increasing tone and strength of your abs.

XPRESS CHALLENGE - 30 minutes of cardio challenge for your body, could be a combo of boot camp drills or kickboxing format.

YOGA - A system of breathing practices, postures and meditation intended to integrate the body and mind to restore flexibility and promote calmness.

ZUMBA FITNESS - Total body workout including Salsa, Reggaeton, Cumbia, Calypso, and Belly Dancing. Learn fun and easy steps, it's a fitness party workout!

ZUMBA TONING - All the benefits of Zumba plus muscle toning, you will be building muscle and movement using Toning Sticks!!!

