

March 2010 • Group Exercise Schedule • MCAS Beaufort

Class Descriptions

TIME	monday	tuesday	wednesday	thursday	friday	saturday
0600	SPIN	TRX	INTERVAL STEP or KICKBOX	20 • 20 • 20		
0900	ZUMBA		YOGA or CIRCUIT	CIRCUIT		YOGA/PILATES
1100		POWER 30		POWER 30		
1130	TRX	SPIN	STEP	SPIN X	STEP	
1300					NEW Personal Training 101	
1730	20 • 20 • 20	BANDS & BALLS	TRX			
1800				20 • 20 • 20		
1830		NEW PARTNER DANCE	BELLY DANCING			
<p>FOR PRIVATE GROUP SESSION AND UNIT PT REQUESTS Send email to harriet.fisher@usmc-mccs.org two weeks prior to date requested, regardless of number of participants. Include POC, phone number, preferred date/time for sessions, class format, number of participants. Please, no phone calls.</p>						



20 • 20 • 20 Come join the power hour! Each class will include 20 minutes each of cardio exercise, strength training & yoga. Guaranteed to make you sweat!

BEACH BODY BOOT CAMP (MCRD Only) Summer's coming . . . get your beach physique in 6 weeks! Register 1-12 March; classes begin 22 March. Choose either the 0900 or 1645 session. We finish up on 3 May with a new, shapely you! For more information, call 228-1579 / 1562 / 1563.

BANDS & BALLS Two powerful fitness tools—the stability ball and the resistance band— team up in this new class for a new and fun method of body shaping and muscle toning. Light cardio with strength and core work emphasized.

BELLY DANCING Shimmy your way to a trim waistline with the ancient art of mesmerizing Middle Eastern dance.

BODY SCULPT Designed for toning from head to toe. This all inclusive workout leaves no muscle behind! A combination of lightweight dumbbells, body bars, and floor work will be utilized.

CIRCUIT A multiple station series set for a fun and challenging full body workout. Varied exercises bring fitness level challenges and skill development to each individual.

CORE CONDITIONING Get a rock solid core with this blend of Pilates, Yoga, and conventional training! Not just for abdominals, obliques & low back but everything from shoulders to knees.

INTERVAL STEP Cardio step with varied intervals of functional drills, incorporating the use of dumbbells, body bars, tubing, Bosu and/or stability balls.

KICKBOX Fun and easy-to-learn cardio class. Tone your arms & legs while guided through a series of kicks and punches. Get energized and feel empowered with this non-contact class for all levels.

PARTNER DANCE (MCAS Only) Bring a partner, come out & enjoy the easy-to-learn Shag, SC's state dance! Partner at work or deployed? Additional instructors will be available to partner with you. Each session includes group & individual instruction. No preregistration required. Wear loose-fitting clothing. All levels.

PERSONAL TRAINING 101 Learn the basics of free weight training for the 11 major muscle groups with easy-to-learn exercises. Proper form and technique will be demonstrated and coached by personal trainers. Exercises may include use of body weight calisthenics, dumbbells and stability balls.

Semper Fit Health & Fitness classes held in the Gym Annex, MCAS Fitness Center, Bldg 408. Call 228-7192, 228-6374 or 228-7010 or see our website www.mccs-sc.com for more information. Please Note: Schedule is subject to change without notice. Please consult your physician before beginning any exercise program.

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