







# March 2010 Group Exercise Schedule • MCRD Parris Island

## Class Descriptions

CONTINUED from other side

TIME	monday	tuesday	wednesday	thursday	friday	saturday
0900	<b>NEW</b> BEACH BODY BOOT CAMP 		<b>NEW</b> BEACH BODY BOOT CAMP 	<b>NEW</b> BEACH BODY BOOT CAMP 		
0930						BELLY DANCING
1130	CORE CONDITIONING	SPIN	<b>NEW</b> TURN'EM & BURN'EM	SPIN	CORE CONDITIONING	
1500		UNIT PT				
1645	<b>NEW</b> BEACH BODY BOOT CAMP 		<b>NEW</b> BEACH BODY BOOT CAMP 	<b>NEW</b> BEACH BODY BOOT CAMP 		
1730		yoga				
1800	BODY SCULPT or STEP		STEP	ZUMBA		
<p><b>NEW BEACH BODY BOOT CAMP</b> officially begins 22 March; registration begins 1 March.</p> <p>FOR PRIVATE GROUP SESSION &amp; UNIT PT REQUESTS Send email to <a href="mailto:harrisal@usmc-mccs.org">harrisal@usmc-mccs.org</a> one week prior to date requested, regardless of number of participants. Include POC, phone number, preferred date/time for sessions, class format, number of participants.</p>						



**PILATES** Improve posture, flexibility, core strength and balance through a series of challenging mat exercises.

**POWER 30** Real busy? Got 30 minutes? We've got it covered! 30 exercises in 30 minutes! Fast paced fun for all your major muscle groups! C'mon, take the challenge!

**SPIN** Rev up your cardio routine with the ultimate indoor cycling experience! Climb mountains, race the flats, and sprint to the finish all from your stationary cycle.

**SPIN-N-SCULPT** The ultimate integration of indoor cycling, strength training with weights, and abdominal work.

**SPIN X** 30 minutes of power spinning & 30 minutes of "X" (Kickbox, TRX, Tactical Fitness, Kettle Bell exercises, Functional Fitness drills or Circuit; each month the X Factor changes.) Come take the challenge for the entire hour, or just do the 30-minute segment of your choice!

**STEP** Step up your training with this cardio experience that will have your heart pumping! Step to the beat with the best in muscle music to burn those unwanted calories.

**STEP & WEIGHTS** All the fun of Step class with the added bonus of resistance training! Train with light-weight dumbbells, body bars, calisthenics, and more.

**TACTICAL FITNESS** Tactical applications combined with basic fitness components for athletic, PFT, and CFT conditioning.

**TRX** Suspension training, incorporating core strength and training.

**TURN'EM & BURN'EM** (MCRD Only) This high-intensity class combines 30 minutes of power spin with 30 minutes of strength training and sculpting for a full-body workout.

**YOGA** Optimize your fitness level by challenging your body with classic yoga poses! Each unique pose builds strength, flexibility, and balance while mindful breathing and relaxation brings tranquility to the mind.

**ZUMBA** Zumba is for you if you enjoy high energy aerobic dancing, motivating music and easy-to-learn moves and combinations. A great cardio fitness option. All levels welcome!

Semper Fit Health & Fitness classes held in the MCRD Fitness Center. Call 228-1563, 228-1562 or 228-1504 or see our website [www.mccs-sc.com](http://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.