

KICK OFF 2010 WITH FITNESS BY JOINING MCRD PARRIS ISLAND

# SEMPER FIT IN 60!

**Mondays  
at  
0900**

**Wednesdays  
at  
1630**



- ◆ Register for FREE classes by calling Semper Fit at 228-1579
- ◆ FREE childcare provided with advanced registration
- ◆ Wear your Battalion colors
- ◆ For more information, contact your Family Readiness Officer

\*Register for free childcare at the MCRD CDC, 228-3514.

Childcare requires completed registration form and immunization record prior to care. Childcare provided for Monday classes is up to 5 years old; for Wednesday classes is up to 12 years old.



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These one-hour classes, taught by certified fitness instructors, have been scheduled specifically for this 8-week course. THIS IS NOT A FITNESS CHALLENGE. Your involvement requires no fitness assessment of any kind. All classes have been designed to be fun, to give you a great workout, and to offer you an opportunity to sample the type of classes offered by Semper Fit Health Promotion & Fitness.

## Program Schedule 2010 Beginning 25 Jan 2010 • Finish 24 Feb 2010 Mondays @ 0900 • Wednesdays @ 1630

DAY	TYPE OF CLASS
Mon, 25 Jan	Step
Wed, 27 Jan	Yoga
Mon, Feb 1	TRX
Wed, Feb 3	20/20/20
Mon, Feb 8	Core Conditioning
Wed, Feb 10	Spin
Wed, Feb 17	Body Sculpt
Mon, Feb 22	Kick Box
Wed, Feb 24	Zumba

**All classes held at the Parris Island Fitness Center.**

**Consult your physician before starting any exercise program.**



## CLASS DESCRIPTIONS

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

**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.

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

**KICK BOX** is a fun and easy to learn cardio class! Tone your arms and legs while guided through a series of kicks and punches. Get energized and feel empowered with this NON-Contact group exercise class for all levels!

**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.

**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 jams to burn those unwanted calories.

**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!

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

