



GROUP X

	M	T	W	T	F	S
0600		SPIN 60 MIN Spin Room		SPIN 60 MIN Spin Room		
0800						CARDIO CIRCUIT 60 MIN
0830						SPIN 60 MIN Spin Room
0900						ZUMBA 60 MIN
0930		FOREVER FIT 60 MIN	YOGA 60 MIN	FOREVER FIT 60 MIN		
1000						YOGA 60 MIN
1100	ABS 30 MIN	ABS 30 MIN	ABS 30 MIN	ABS 30 MIN		
1130	ZUMBA 60 MIN SPIN 60 MIN Spin Room	CARDIO CIRCUIT 60 MIN	ZUMBA 60 MIN SPIN 60 MIN Spin Room	CARDIO CIRCUIT 60 MIN	ZUMBA 60 MIN SPIN 60 MIN Spin Room	
1600		ABS 30 MIN		ABS 30 MIN		
1630	PILATES 60 MIN KETTLE BELL 60 MIN	ZUMBA 60 MIN	PILATES 60 MIN KETTLE BELL 60 MIN	ZUMBA 60 MIN		
1700	SPIN 60 MIN Spin Room	SPIN 60 MIN Spin Room	SPIN 60 MIN Spin Room			
1730		POWER FLEX 60 MIN		POWER FLEX 60 MIN		
1800	YOGA 60 MIN					
1830		POWER YOGA 60 MIN		POWER YOGA 60 MIN		
1900			SALSA 60 MIN			

ALL LEVELS WELCOME

Only MCRD Active Duty
have priority seating
between 1115-1125
for Spin class Mon & Wed.

Spin Room Located
on 2nd Floor

Additional class information
please call 619.524.4427

mccsmcrd.com





GROUP X

Class Descriptions

ABS
30 MIN

Concentrated muscular resistance work to condition and strengthens the abdominals.

CARDIO CIRCUIT
60 MIN

A challenging combination of cardio and muscle conditioning workouts utilizing various stations and equipment, performed in an interval format to maximize your workout's intensity as well as your results.

FOREVER FIT
60 MIN

A total-body workout for active individuals. This class combines aerobic, flexibility, and strength training this is designed to increase flexibility, joint stability, balance, coordination, agility, muscular strength, and cardiovascular endurance

KETTLE BELL
60 MIN

Basic training that requires functional, whole body fitness. An athlete has to focus on whole body conditioning because lifting and controlling a kettle bell forces the entire body and specifically the core, to contract as a group, building both strength and stability at the same time. The workout engages multiple muscle groups at once and it's a great option for getting the whole body workout in a short time.

PILATES
60 MIN

A workout designed to develop core strength and coordination, the focus of this class will be on traditional Pilates movement patterns, the use of breath and correct alignment. Participants will enjoy improvement in posture and overall toning.

POWER FLEX
60 MIN

Class designed to use a variety of equipment to tone and strengthen the body. Hand weights and barbells may be used in this workout.

SALSA
60 MIN

LA club style salsa dance lessons.

SPIN
60 MIN
Spin Room

Outdoor cycling experience indoors with this athletic and authentic cycling ride. Motivating instruction and driving music will keep you energized as you are lead through a workout comprised of a variety of hill climbs, flat terrains, head winds, tail winds, and anaerobic intervals. Each workout is different as the instructor picks the terrain and sets the goals for each class.

ZUMBA
60 MIN

Total body workout including salsa, reggaeton, calypso and belly dancing. Learn fun and easy steps, it's a fun fitness party!

YOGA
60 MIN

Designed to enhance vitality and a sense of well being, this workout will help participants gain improved flexibility, balance, strength and posture. The class will borrow from each instructor's experience with Yoga and may incorporate basic poses from various Yoga styles.