



GROUP X

	M	T	W	T	F	S
0600	MORNING MAYHEM 60 MIN	SPIN 60 MIN <i>Spin Room</i>	MORNING MAYHEM 60 MIN	SPIN 60 MIN <i>Spin Room</i>	MORNING MAYHEM 60 MIN	
0800						CARDIO CIRCUIT 60 MIN
0830						SPIN 60 MIN <i>Spin Room</i>
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 <i>Spin Room</i>	CARDIO CIRCUIT 60 MIN	ZUMBA 60 MIN SPIN 60 MIN <i>Spin Room</i>	CARDIO CIRCUIT 60 MIN	ZUMBA 60 MIN SPIN 60 MIN <i>Spin Room</i>	
1600		ABS 30 MIN		ABS 30 MIN		
1630	BUTTS & GUTS 45 MIN KETTLE BELL 60 MIN	ZUMBA 60 MIN	BUTTS & GUTS 45 MIN KETTLE BELL 60 MIN	ZUMBA 60 MIN		
1700	SPIN 60 MIN <i>Spin Room</i>	SPIN 60 MIN <i>Spin Room</i>	SPIN 60 MIN <i>Spin Room</i>			
1730		POWER FLEX 60 MIN	YOGA 60 MIN	POWER FLEX 60 MIN		
1800	RESTORATIVE YOGA 60 MIN					

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

Spin Room Located on 2nd Floor

GEX classes will be suspended from 19 December through 01 January 2012. No classes on Holidays and Holiday weekends.

Additional class information please call 619.524.4427





GROUP X

Class Descriptions

ABS
30 MIN

Concentrated muscular resistance work to condition and strengthen the abdominals.

BUTTS & GUTS
60 MIN

Strengthen and sculpt abdominals, buttocks and legs. Excellent for all fitness levels.

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.

MORNING MAYHEM
60 MIN

Bootcamp style training to improve strength, endurance, burn fat and calories. Everyone is welcome but Active Duty has priority.

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.

**RESTORATIVE
YOGA**
60 MIN

This class is a combination of prop supported poses and gentle yet deep stretches, which flow seamlessly. Muscular tensions melt away, the nervous system is calmed, the immune system is strengthened, anxieties dissolve and your heart lightens.

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.