



# SEMPER FIT CENTER

## Group Exercise Schedule

EFFECTIVE 02/01/2013



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>0630-0730</b> <b>HITT PFT PREP</b> @ <b>HITT CENTER</b>	<b>0630-0730</b> <b>TRX TRAINING</b> @ <b>HITT CENTER</b>	<b>0630-0730</b> <b>HITT PFT PREP</b> @ <b>HITT CENTER</b>	<b>0630-0730</b> <b>TRX TRAINING</b> @ <b>HITT CENTER</b>	<i>CLASS TICKETS AVAILABLE AT FRONT DESK</i>	
<b>0815-0900</b> <b>MOMS ON THE MOVE</b> Monica Meet @ Semper Fit	<b>0800-0900</b> <b>ZUMBA®</b> Andrea All Levels	<b>0815-0900</b> <b>MOMS ON THE MOVE</b> Monica Meet @ Semper Fit	<b>0800-0900</b> <b>ZUMBA</b> Andrea All Levels	<b>0815-0900</b> <b>MOMS ON THE MOVE</b> Monica Meet @ Semper Fit	<b>0715-0815</b> <b>POWER YOGA</b> Stacy All Levels
<b>0900-1000</b> <b>CYCLING</b> Michelle All Levels	<b>0900-1000</b> <b>Muscle Conditioning</b> <b>B-ball court</b> Andrea	<b>0900-1000</b> <b>CYCLING</b> Stacy All Levels	<b>0900-1000</b> <b>PILATES PLUS</b> Michelle All Levels	<b>0900-1000</b> <b>CYCLING</b> Stacy All Levels	<b>0830-0930</b> <b>CARDIO KICK</b> Slavica All Levels
Limited space available for Cycling class.	<b>1015-1115</b> <b>POWER CORE YOGA</b> Michelle All Levels	<b>0900-1000</b> <b>BOOTCAMP</b> <b>B-ball court</b> Sandy Intermediate	<b>1015-1115</b> <b>POWER YOGA</b> Stacy All Levels	<b>1000-1100</b> <b>CARDIO &amp; TONE</b> Andrea All Levels	<b>0930-1030</b> <b>STEP,CORE &amp; MORE</b> Gino Moderate
<b>1000-1100</b> <b>ZUMBA</b> Kaipo All Levels	<b>1130-1230</b> <b>HIGH INTENSITY CIRCUIT</b> <b>B-ball court</b> Monica Intermediate	<b>1000-1100</b> <b>CARDIO &amp; TONE</b> Michelle All Levels	<b>1130-1230</b> <b>HIGH INTENSITY CIRCUIT</b> <b>B-ball court</b> Monica Intermediate	<b>1145-1215</b> <b>GUT CUT</b> Sandy All Levels	
<b>1130-1230</b> <b>HITT WOD</b> @ <b>HITT CENTER</b>	<b>1130-1230</b> <b>OLYMPIC &amp; POWERLIFTING</b> @ <b>HITT CENTER</b>	<b>1130-1230</b> <b>HITT WOD</b> @ <b>HITT CENTER</b>	<b>1130-1230</b> <b>KETTLEBELLS</b> @ <b>HITT CENTER</b>	<b>1130-1230</b> <b>HITT WOD</b> @ <b>HITT CENTER</b>	
<b>1145-1215</b> <b>GUT CUT</b> Kaipo All Levels	<b>1145-1245</b> <b>TRX TRAINING</b> Sandy All Levels	<b>1145-1215</b> <b>GUT CUT</b> Sandy All Levels	<b>1145-1245</b> <b>TRX CIRCUIT</b> Sandy All Levels	Limited space available for Cycling class.	
<b>1700-1730</b> <b>AB EXPRESS</b> Stacy All Levels	<b>1730-1830</b> <b>ZUMBA®</b> Slavica All Levels	<b>1645-1745</b> <b>CYCLING</b> Rod All Levels	<b>1700-1730</b> <b>AB EXPRESS</b> Stacy All Levels	<b>1645-1745</b> <b>CYCLING</b> Stacy All Levels	
<b>1745-1845</b> <b>ZUMBA®</b> Lainie All Levels	<b>1830-1930</b> <b>MUSCLE CONDITIONING</b> Monica All Levels	<b>1745-1845</b> <b>ZUMBA®</b> Lainie All Levels	<b>1730-1830</b> <b>ZUMBA®</b> Slavica All Levels	<b>PILATES</b> Postponed until March 10 All Levels	
<b>1730-1830</b> <b>PLYOMETRICS &amp; SPEED</b> @ <b>HITT CENTER</b>	<b>1730-1830</b> <b>HITT WOD</b> @ <b>HITT CENTER</b>	<b>1730-1830</b> <b>OLYMPIC &amp; POWERLIFTING</b> @ <b>HITT CENTER</b>	<b>1730-1830</b> <b>HITT WOD</b> @ <b>HITT CENTER</b>	<b>1730-1830</b> <b>PLYOMETRICS &amp; SPEED</b> @ <b>HITT CENTER</b>	
<b>1845-1945</b> <b>PILATES</b> Michelle All Levels	<b>1930-2030</b> <b>YOGA</b> All Levels	<b>1845-1945</b> <b>PILATES</b> Michelle All Levels	<b>1830-1930</b> <b>MUSCLE CONDITIONING</b> Michelle All Levels	<b>NEW YEAR... NEW YOU !!!!</b> <b>CHECK OUT OUR</b> <b>"NEW YEAR.. NEW YOU"</b> <b>SCHEDULE.</b> <b>THIS SCHEDULE IS EFFECTIVE</b> <b>FEB. 1, 2013</b> <b>ALL CLASSES ARE FREE TO</b> <b>ACTIVE DUTY</b> <b>MAHALO</b>	
<b>2000-2100</b> <b>TAEKWONDO</b> Andrell Durden <b>\$50.00 a month</b> Register at front desk		<b>2000-2100</b> <b>TAEKWONDO</b> Andrell Durden <b>\$50.00 a month</b> Register at front desk	<b>1930-2030</b> <b>YOGA</b> All Levels		

# WELCOME TO THE SEMPER FIT CENTER GROUP EXERCISE PROGRAM!

To attend a group exercise class, purchase a class coupon at the Semper Fit Center Front Desk (254-7597).  
Coupons are \$2 each or can be purchased in books of 10 for \$15 (a savings of \$5).

**AB EXPRESS** - You've heard the stories... Come experience it for yourself... Or are you scared? This 30 minute abdominal class is designed to strengthen your core muscles and kick some major butt. Can you handle it?

**BOOTCAMP**- This class is set up to kick your butt, maggot!!! Extremely high intensity cardio with a tough strengthening portion. This class will be held in the basketball court for a more intense workout!!!

**CARDIO KICK**- Kickboxing blends athletic drills with martial arts to create an intense cardiovascular workout. This intense, total-body workout can improve strength, aerobic fitness, flexibility, coordination and balance.

**CARDIO & TONE**- Please refer to **MUSCLE CONDITIONING** writeup.

**CYCLING**- This class uses specialized stationary bikes that help you burn a large amount of calories and tone up your buns and thighs while improving your core strength. Set to specialized music as you peddle off the pounds!

**GUT CUT** - You've heard the stories... Come experience it for yourself... Or are you scared? This 30 minute abdominal class is designed to strengthen your core muscles and kick some major butt. Can you handle it?

**HIGH INTENSITY CIRCUIT TRAINING**- Putting the "fun" back into functional training! Great workout for people on the go. This hour long class will incorporate a series of circuits designed to challenge your muscular endurance and will strengthen your cardiovascular system.

**HITT PFT PREP**- This course is designed to utilize various tactical training exercises in helping Marines successfully complete their PFT. This course is intended to assist Marines of all fitness levels.

**HITT WOD**- High Intensity Tactical Training Workout of the Day will follow the prescribed 1-hour HITT program as laid out by the HITT program manual by HQMC.

**KETTLEBELL**: Covers a brief introduction to the design and function of the kettlebell. Focus is on fundamental movements including proper hip drive and athletic stance. Participants will work on the mastery of 3 foundational movements: swings (1 and 2 hand), farmers carry and goblet squats. Additional movements such as the kettlebell clean and snatch will be mastered as well as discussions on the differences, benefits and applications of kettlebell movements vice barbell movements. As participants master the foundational movements, advanced movements such as windmills, touch and go squats and turkish get-ups will be introduced.

**MOMS ON THE MOVE**- This class is designed for the active parent done in an outdoor setting involving the kids. Build strength and cardiovascular endurance during this fun group setting. With the use of resistance bands, body weight exercises, abdominal work and plyometrics this can help strengthen your body and mind. Strollers are required if you bring your child.

**MUSCLE CONDITIONING**- Not coordinated enough for a traditional aerobics class? This class has minimal choreography so this is safe! A muscular endurance workout using hand weights and bands to work all muscle groups. Also try **Cardio & Tone** for a great cardio/muscle conditioning workout.

**OLYMPIC LIFTING and POWER LIFTING**: Snatch/Clean & Jerk. Covers the various progressions leading up to and completing a power snatch from floor to overhead. Progressions will include the hang snatch, power snatch and drop snatch. Discussions will include effective programming of the snatch into training regime emphasizing explosive power development while mitigating injury. Also covers the various progressions leading up to and completing a power clean and jerk from floor to overhead. The class will also cover the variations to include the power clean & jerk, hang clean & jerk, split jerk and other variations. The focus of the **POWER LIFTING** class is on the proper execution of the three traditional power lifting exercises: deadlift, squat and bench press. The class will focus on the movements and techniques to maximize strength in a safe manner. Other exercises will be taught to increase functional ability and address any muscular imbalances.

**PILATES**- This amazing class uses a powerful series of non-impact exercises for total bodysculpting. This class will help develop strength, flexibility, balance, and weight loss to sculpt lean long muscles and re-shape your body from head to toe. Please bring your own mat.

**PILATES PLUS**- Pilates Plus will help you to increase flexibility and develop total body strength. Each exercise focuses on engaging & firming the core, improving balance, coordination and achieving correct body alignment by utilizing the breath and being mindful of each exercise. Ultimately, this workout will help you achieve a leaner body as you sculpt and tone your muscles using mat exercises, resistance bands and balls.

**PLYOMETRIC/SPEED**: The focus of this class is on running mechanics, body control, speed and agility. This will be accomplished through the use of plyometric drills and other exercises that will be focused on developing proper running habits and increasing explosive speed.

**POWER YOGA**- If you're looking for a class to increase strength, stamina, and flexibility this class is for you. They use yoga postures that are an excellent cross-training routine for athletes, along with poses to calm the mind and body.

**POWER CORE YOGA**- Hatha, Vinyasa styles of Yoga infused with a hint of Piyo and Pilates methods of core training. These combined poses flow together to create a powerful workout for the entire body (upper, lower and especially the core) followed by stretches and final relaxation poses, which elongates muscles and releases tension throughout the body.

**STEP, CORE & MORE**- Interval training at it's best using the step! Sets of cardiovascular, muscular and core training infused with high energy power blasts using a variety of equipment and body resistance techniques for a total body toning experience. This is not a dance class, all fitness levels welcome.

**TRX TRAINING** Are you up for the challenge? The TRX Suspension Trainer helps build power, strength, core stability and flexibility all at the intensity you choose. Perform hundreds of exercises using this "powerhouse" piece of equipment. Come give it a try. We DARE you. This class is offered at both the HITT Center and the Semper Fit Gym.

**TRX CIRCUIT**- You know you love working with a TRX now add circuit stations designed to challenge your muscular endurance and while strengthening your cardiovascular system.

**WATER AEROBICS**- This non-impact workout is excellent for cardiovascular conditioning, flexibility and strengthening. Aqua training is a terrific way to gain fitness without the stresses of gravity experienced in land-based training. This class runs from mid April to early Nov.

**YOGA**- Yoga includes meditation and exercises to help you improve flexibility and breathing, decrease stress, and maintain health. Practitioners believe that yoga improves health by improving how you see the world, which calms the spirit and decreases stress. Please bring your own mat

**ZUMBA®**- Zumba is a high energy workout that combines international rhythms, like salsa and reggaeton, with easy to follow dance/fitness moves for a truly unique cardio/toning workout. Not a dancer? No worries! This program is designed for anyone who wants to party and exercise. Ditch the workout and join the party!