

Semper Fit Center

Group Exercise Schedule

Effective January 4th to April 1st, 2017

All classes are **50 minutes** unless specified

Active Duty always **FREE!**

Drop-In class: **\$2 each**

Unlimited Monthly Pass: **\$30**



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0600	TRX Cindy <i>All Levels</i>	Power Yoga Caitlin <i>Intermediate/ Advanced</i>	TRX Cindy <i>All Levels</i>			
0800	Yoga Caitlin <i>All Levels</i>		Yoga Caitlin <i>All Levels</i>			Zumba Ashlee <i>All Levels</i>
0900	Cycling Maresa <i>All Levels</i>	Extreme 60 Nicol <i>All Levels</i>	Cycling Maresa <i>All Levels</i>	Extreme 60 Lynn <i>All Levels</i>	Cycling Maresa <i>All Levels</i>	Yoga Staff <i>All Levels</i>
1000				Zumba Lynn <i>All Levels</i>	Piyo/Turbo Kick Megan <i>All Levels</i>	
1130	Gut Cut Caitlin <small>@ Basketball Court <i>All Levels (25 Min Class)</i></small>	New Year Start Right Rachelle <small>(by registration ONLY see reverse side for details)</small>	Gut Cut Caitlin <small>@ Basketball Court <i>All Levels (25 Min Class)</i></small>	New Year Start Right Rachelle <small>(by registration ONLY see reverse side for details)</small>	WELLBEATS (FREE CLASS)	
1630		Piyo Megan <i>All Levels</i>				
1730		Turbo Kick Megan <i>All Levels</i>		Cosmic Cycle Michelle S. <i>All Levels</i>		
1830	Zumba Ashlee <i>All Levels</i>	Yoga Betty <i>All Levels</i>	Zumba Ashlee <i>All Levels</i>	Yoga Nicol <i>All Levels</i>		
HITT CTR	1130 HITT WOD <i>Intermediate / Advanced</i>	1730 HITT WOD <i>Intermediate / Advanced</i>	1130 HITT WOD <i>Intermediate / Advanced</i>	1730 HITT WOD <i>Intermediate / Advanced</i>		

Are you Semper Fit?

Try our Group Exercise Program today!

COSMIC CYCLE - Strap in & let's spin! This stationary bike all terrain ride begins when the lights go out, floor lights come on and music starts pumping! You will get a unique vibe while strengthening your muscles. All abilities welcome!

CYCLING - This classes 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. With fun, upbeat music you will peddle off the pounds!

EXTREME 60 - Looking for a full body workout designed to build strength? LOOK NO MORE! Extreme 60 will do exactly that! This class uses a wide variety of equipment and body weight exercises to improve your anaerobic and your aerobic exercise while blasting away the fat. Are you ready to challenge yourself?

GUT CUT - A 25-minute ab blasting class that will leave your core feeling mean & lean! Change up your core routine and come work out with us!

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

PIYO - PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of yoga. We crank up the speed to deliver a great fat-burning low-impact workout that leaves your body long, lean and defined!

POWER YOGA - Mix up your routine with this fast-flow yoga class tailored towards injury prevention, improving posture, strength, balance, flexibility and reducing stress! Please bring your own mat.

TRX - A suspension training workout that builds functional strength while improving flexibility, balance and core stability. Class emphasizes use of the TRX suspension trainer as well as other equipment.

TURBO KICK - Come get your sweat on with this high-energy cardio kickboxing class with choreographed moves set to fun and motivating music!

YOGA - This class utilizes fluid transitions from pose to pose, linking breath with movement. It is an alignment based practice that increases strength, posture and balance while reducing stress, and each class end with deep stretches to improve flexibility. All levels are welcome and modifications are provided. Please bring your own mat.

ZUMBA - Zumba is a high energy workout that combines international rhythms, like salsa and raggaeton along with popular pop and hip-hop beats, with easy to follow dance/fitness moves for a truly unique cardio and toning workout. Not a dancer? No worries! This program is designed for anyone who wants to party while they exercise!

NEW YEAR START RIGHT - A 6 week nutrition education and fitness program to help you start the new year off right! This program includes pre and post fitness assessments, workouts 2x/week and nutrition classes 1x/week. January 9th-February 24th 2016 located in the group exercise room at Semper Fit. Open to dependents, DoD Civilians with fitness center access & active duty. Program is FREE for active duty and \$50 for dependents & DoD Civilians (only \$8.33 per week!)

WELLBEATS - A video program that offers a variety of classes across a range of exercise formats, including dance, step, cycling, yoga, and strength training-type classes. There are different time lengths as well for all levels of fitness! Workout at your own pace with this personalized approach to group exercise.