

## CAMP SMITH GROUP EXERCISE SCHEDULE

|                  | <u>MONDAY</u>       | <u>TUESDAY</u>                     | <u>WEDNESDAY</u>    | <u>THURSDAY</u>                    | <u>FRIDAY</u> |
|------------------|---------------------|------------------------------------|---------------------|------------------------------------|---------------|
| <b>0600-0630</b> | <b>KETTLE BELLS</b> |                                    | <b>KETTLE BELLS</b> |                                    |               |
| <b>0600-0700</b> |                     |                                    |                     |                                    | <b>HITT</b>   |
| <b>1145-1215</b> |                     | <b>AB FIT</b>                      |                     | <b>AB FIT</b>                      |               |
| <b>1200-1230</b> | <b>KETTLE BELLS</b> |                                    | <b>KETTLE BELLS</b> |                                    |               |
| <b>1200-1300</b> |                     |                                    |                     |                                    |               |
| <b>1215-1300</b> |                     | <b>P.I.T.<br/>(locations vary)</b> |                     | <b>P.I.T. (locations<br/>vary)</b> |               |
| <b>1600-1700</b> |                     |                                    |                     |                                    |               |
| <b>1630-1730</b> | <b>HITT</b>         | <b>HITT</b>                        | <b>HITT</b>         |                                    |               |
| <b>1700-1800</b> |                     |                                    |                     | <b>HITT</b>                        |               |

|         |                          | <u>ACTIVE DUTY</u> | <u>CIVILIANS</u> |
|---------|--------------------------|--------------------|------------------|
| Prices: | All 30 MIN CLASSES       | FREE               | \$2.00           |
|         | ALL OTHER CLASSES        | FREE               | \$4.00           |
|         | BOOK OF 10 TICKETS       |                    | \$30.00          |
|         | BOOK OF 10 AB/KB TICKETS |                    | \$15.00          |



## CLASS DESCRIPTIONS

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| Ab Fit:<br>Morris Watson   | This half-hour, fast pace class will target your abs and core to strengthen your mid-section. All levels are welcome.  |
| Kettle Bells:<br>Bob Gallagher                                   | Learn the fundamental moves of kettle bells. This class will work your whole body while targeting your core. Results are up to you. Classes are held outside in the back.  |
| HITT:<br>Ed Campbell &<br>Bob Gallagher                          | HITT (High Intensity Tactical Training) Designed by Semper Fit HQ and approved by the NSCA specifically for the Active Duty Marine, trains the Marines as tactical athletes. This hour class will challenge you athletically in agility, power, and endurance. <b><i>Intermediate-advanced skill level highly recommended.</i></b> |
| Muscle<br>Conditioning:<br>Morris Watson                         | Incorporates resistance training and isometric exercises to develop muscular endurance. All levels welcome. <b><i>Locations vary: gymnasium, aerobics room, and outside.</i></b>   |
| P.I.T. (Physically<br>Intense<br>Training):<br><br>Morris Watson | Develop your explosive self with Plyometric and cardio based exercises along with weight training.   |