

Semper Fit Center

Group Exercise Schedule

Schedule effective SEP 17th to NOV16th

PRICING

Drop-In class: \$3 each

Punch Card: 10 classes for \$20

Active Duty always FREE!



Please note: classes are not held on federal and other major holidays

Time	Monday	Tuesday	Wednesday	Thursday	Friday
0900	Cycling Monika <i>All Levels</i>	Extreme 60 Leigha <i>All Levels</i>	Cycling Monika <i>All Levels</i>	Extreme 60 Leigha <i>All Levels</i>	Zumba Lainie <i>All Levels</i>
1015	Body Shred Marlena <i>All Levels</i>		Body Shred Marlena <i>All Levels</i>		
1130	Yoga Nicol <i>All Levels</i>	Zumba Daphne <i>All Levels</i>	Yoga Nicol <i>All Levels</i>		
1130 Main Gym	HITT WOD (for active duty only)	HITT WOD (for active duty only)	 HITT WOD (for active duty only)	HITT WOD (for active duty only)	HITT WOD (for active duty only)
1700 Main Gym	HITT WOD (for active duty only)	Reload HITT (for active duty only)	HITT WOD (for active duty only)	Reload HITT (for active duty only)	HITT WOD (for active duty only)
NO GROUP EXERCISE CLASSES AT SEMPER FIT KULIA SEP 10TH THRU 16TH					

Are you Semper Fit?

Try our Group Exercise Program today!

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. With fun, upbeat music you will pedal off the pounds!

BODY SHRED:

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?

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. This class is for active duty personnel only.

RELOAD HITT - High Intensity Tactical Training Workout of the Day follows the prescribed 1-hour Reload class focusing on your flexibility, mobility and recovery.

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 ends with deep stretches to improve flexibility. All levels are welcome and modifications are provided. Please bring your own mat.

ZUMBA - A high energy workout that combines international rhythms, like salsa and reggaeton 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!

***DID YOU KNOW?** Kids ages 12 & up can attend group exercise classes with parent supervision!*