

2021

GROUP X SCHEDULE

EFFECTIVE: JULY 7, 2021

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
0615-0715 Kulia			YOGA Rachel <i>All levels</i>		
0845-0930 Kulia	CYCLING Rose <i>All levels</i>				
1100-1200 HITT Ctr	HITT Natalie <i>(active duty only)</i>		HITT Natalie <i>(active duty only)</i>		HITT Natalie <i>(active duty only)</i>
1145-1230 Kulia			CYCLING HMC Alcala <i>All levels</i>		
1200-1245 Kulia	YOGA Rachel <i>All levels</i>				



Are you Semper Fit?

Try our Group Exercise Program today!

CYCLING - Pedal thru hill climbs, sprints and many other challenging drills for a great leg-pumping, core stabilizing, and calorie-burning workout. All levels welcome; modifications provided.

HITT - A High Intensity Tactical Training Workout of the Day that follows the prescribed 1-hour program as laid out by the HITT manual by HQMC. Active Duty only.

YOGA - A powerful, flowing sequence of yoga poses that link breath and movement. Class focuses on strengthening and lengthening your muscles and spine, stabilizing your core, and opening up deep muscle tissue. All levels welcome; modifications provided.

ATTENDANCE POLICY:

- Classes will be held at Kulia Fitness Center.
- Bring ID to enter the facility
- Temperature checks will be conducted
- COVID contact tracing questionnaire will be completed prior to entering
- Must wear face covering in the lobby

REGISTRATION INFO:

- There is a max of 10 spots per class
- Online registration on Eventbrite opens at 0600 the morning of class and close 30 minutes before start of class
- For early morning yoga, registration will open at 1800 the night before and close 30 minutes before start of class.
- You must be registered for a spot in order to participate
- You may place yourself on the waitlist once general admission is sold out

We will continue growing our program based on class demands, available instructors, and base guidance.

Thank you for your patience and continuous support in our Semper Fit Programs.

Register for a spot:

<https://semperfithawaii.eventbrite.com>

REGISTRED PARTICIPANTS:

You must show up at Kulia Fitness Center 30 minutes before start of class to pick up/pay for your spot. If you fail to secure your spot by then, we will give your spot to someone on the waitlist. For early morning yoga, please arrive 10 minutes prior to class to confirm your spot.

WAIT-LISTED INDIVIDUALS:

You must be present at Kulia Fitness Center to secure a spot, should there be any spots available. You may call ahead of time to see if there are spots available prior to driving over. However, available spots are on a first come, first served basis.

NOTE:

You will be penalized if you register for a spot and don't show up. After the 2nd no-show, you will be placed on a temporary ban from registering for the next two weeks.

If you register and realize you can't make it, please call the Kulia Fitness Center front desk to give them the heads up and avoid a penalty. (808) 257-3822 .

COST:

- Active Duty FREE.
- Drop-In class: \$3/class.
- Punch card: 10 classes for \$20 (30 day expiration)

REMINDER: WE NO LONGER HONOR PINK TICKETS. PLEASE PURCHASE A PUNCH CARD OR DROP-IN PASS TO PARTICIPATE IN A CLASS.

THANK YOU FOR YOUR COOPERATION.

NO CLASSES ON WEEKENDS & FEDERAL HOLIDAYS

MCCS encourages and supports the participation of individuals of all abilities in its programs and facilities. Please call if you need a reasonable accommodation to fully participate.

Kulia: (808) 257-3822 Main Gym: (808) 254-7597



www.mccshawaii.com

