

Group Fitness Schedule January 2025

Age restrictions: Ages 12–17 are able to attend yoga, dance, aqua, HIIT Cardio and cycle group fitness classes under the direct supervision of a parent or legal guardian.

Strength classes are for adults only.

Typhoon policy: All classes are cancelled upon designation of Tropical Cyclone Condition of Readiness 1 (TCCOR-1).

Classes resume at TCCOR All Clear once gyms have reopened.

Schedule is subject to change. Updates can be found at

<https://www.facebook.com/mccsokinawa.semperfit> or www.okinawa.usmc-mccs.org/healthpromotion

ALL CLASSES CANCELLED: New year's Day January 1st, 2025 & Martin Luther King's Day, January 20th, 2025

FOSTER GUNNERS FITNESS CENTER: 645-2705

TIME	MONDAY		TUESDAY	WEDNESDAY		THURSDAY	FRIDAY	SATURDAY
0530 - 0630			BARRE Mallory			BARRE Mallory		
0745 - 0845							★ HIIT Flow Ashley	Yoga 0800-0900 Mari F
0900 - 1000	Prenatal Yoga Hisaka		Zumba® Tomo			BARRE Mallory	Restorative Yoga Hisaka	MixedFit® 0915-1015 Naoko
1015 - 1115	Zumba® Miki		Strength Fusion Kim 🧘	MixedFit Ai		Zumba Toning® Miki	Zumba® Terumi	Zumba® 1030-1130 Laura
1130 - 1230	Insanity Miki	Rhythm Cycle (SP) Alana	Power Yoga Hisaka	Groove Cycle (SP) Steven	Hatha Yoga Doug	🧘 P90X Laura	★ Functional Strength Marsha 🧘	
1715 - 1815			COMMIT Dance Rina	Zumba Toning® Terumi		★ Pilates 1700-1800 Kat	Yoga 1730-1830 Aisha	
1815 - 1915	★ Vinyasa Yoga Rumi		Xtreme Hip Hop Step (Beginners) 1830-1930 Tylaja			MixedFit® Naoko	Zumba® 1845-1945 Eri	
1930 - 2030	MixedFit® Ai		Yoga 1945-2045 Aisha			Xtreme Hip Hop Step (Advance) Tylaja		

FUTENMA SEMPER FIT GYM: 636-2676

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1130 - 1230		Zumba/Z Toning® (BC) Tomo				

FUTENMA MCCUTCHEON GYM: 636-3241

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Various	Valor Vinyasa 1130-1230 (MA) Anacani	★ Hatha Yoga 1130-1230 (MA) SuXu	Vinyasa Yoga 1130-1230 (MA) Rumi			Baby and Me Yoga (MA) 0930-1030 Anacani

Classes are located at (): SP: Spin room, BC: Basketball Court, MA: Martial Arts Room, HP: HITT Porch, HR: HITT Room, FF: Functional Field. ★ : New Class, : Adults only

PLEASE ARRIVE NO EARLIER THAN 15 MINUTES PRIOR TO THE START OF CLASS [Classes open to all Authorized ID holders w/ Base Access]

Inclusion Statement: We encourage and support the participation of individuals of all abilities.

Please call MCCS Health Promotion at 645-3910 or email mccshealthpromotions@okinawa.usmc-mccs.org if you need any assistance or require an accommodation.

Color Key and age authorization: 12+ Yoga Dance HIIT Cardio Aqua Cycle Adults only: Strength



Group Fitness Schedule January 2025

Age restrictions: Ages 12–17 are able to attend yoga, dance, aqua, HIIT Cardio and cycle group fitness classes under the direct supervision of a parent or legal guardian.

Strength classes are for adults only.

Typhoon policy: All classes are cancelled upon designation of Tropical Cyclone Condition of Readiness 1 (TCCOR-1).



Classes resume at TCCOR All Clear once gyms have reopened.

Schedule is subject to change. Updates can be found at

<https://www.facebook.com/mccsokinawa.semperfit> or www.okinawa.usmc-mccs.org/healthpromotion




ALL CLASSES CANCELLED: New year's Day January 1st, 2025 & Martin Luther King's Day, January 20th, 2025

KINSER FITNESS CENTER: 637-1114

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
0830 - 0930		Circuit Surge (FF) Caroline 		Circuit Surge (FF) Caroline 		
1130 - 1230		Zumba® Eri			COMMIT Dance Rina	

NORTH CAMPS

COURTNEY IRONWORKS GYM: 622-9221

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
0915 - 1015		Rhythm HIIT & Hills Cycle Kellyn	Functional Strength Marsha 	Power Sweat & stretch Cycle Kim	Functional Strength Marsha 	MixedFit® 0930-1030 Ayako
1030 - 1130		Strong Nation™ Chieri	Zumba® Tomo	Zumba Toning® Karen	Peach Booty Chieri	
1145 - 1245	Restorative Yoga Steph S	Vinyasa Yoga Angela	Rhythm HIIT & Hills Cycle Kellyn 	Vinyasa Yoga Stephanie M		
1830 - 1930	MixedFit® Ayako	Zumba® Fuka	MixedFit® Ayako	Zumba® Fuka		

HANSEN HOUSE OF PAIN MAIN GYM: 623-4831

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1130 - 1230	Rhythm HIIT & Hills Cycle Kellyn	Slow Flow Yoga Mari M		Slow Flow yoga Mari M		

Classes are located at (): SP: Spin room, BC: Basketball Court, MA: Martial Arts Room, HP: HITT Porch, HR: HITT Room, FF: Functional Field.



: New Class,



: Adults only

PLEASE ARRIVE NO EARLIER THAN 15 MINUTES PRIOR TO THE START OF CLASS [Classes open to all Authorized ID holders w/ Base Access]

Inclusion Statement: We encourage and support the participation of individuals of all abilities.

Please call MCCS Health Promotion at 645-3910 or email mccshealthpromotions@okinawa.usmc-mccs.org if you need any assistance or require an accommodation.

Color Key and age authorization: 12+ Yoga



Dance



HIIT Cardio



Aqua



Cycle



Adults only: Strength

