


# Group Fitness Schedule May 2025

**Age restrictions:** Ages 12–17 are only allowed to attend classes indicated as “youth friendly”  without direct supervision of a parent or legal guardian.

Youth in this category are not allowed to attend classes indicated as “adult only”.

Must attend Youth Fitness orientation prior to participating in a group fitness class.


































**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](http://www.okinawa.usmc-mccs.org/healthpromotion)




## ALL CLASSES CANCELLED: Memorial Day May 26<sup>th</sup> FOSTER GUNNERS FITNESS CENTER: 645-2705

| TIME           | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY   |
|----------------|---|--|--|--|---|--|
| <b>Morning</b> |   |  |  |  |   | <b>Yoga</b><br>0800-0900<br>Aisha           |
|                | <b>Prenatal Yoga</b><br>0900-1000<br>Hisaka  |  |  <b>Hatha Yoga</b><br>0900-1000<br>Hisaka  |  | <b>Restorative Yoga</b><br>0900-1000<br>Hisaka   | <b>MixedFit®</b><br>0915-1015<br>Naoko      |
| <b>Lunch</b>   | <b>Zumba®</b><br>1015-1115<br>Miki           | <b>Zumba®</b><br>1015-1115<br>Tomo    | <b>MixedFit®</b><br>1015-1115<br>Ai   | <b>Zumba Toning®</b><br>1015-1115<br>Miki   | <b>Zumba®</b><br>1015-1115<br>Terumi             | <b>Zumba®</b><br>1030-1130<br>Laura         |
|                | <b>Insanity</b><br>1130-1230<br>Miki         | <b>Rhythm Cycle (SP)</b><br>1130-1230<br>Alana    | <b>Power Yoga</b><br>1130-1230<br>Hisaka    | <b>Qi &amp; Yin Harmony Yoga</b><br>1130-1230<br>Su Xu    | <b>Rhythm Cycle (SP)</b><br>1130-1230<br>Steven  | <b>P90X Strength</b><br>1130-1230<br>Laura  |
| <b>Evening</b> | <b>Vinyasa Yoga</b><br>1715-1815<br>Rumi     | <b>COMMIT Dance</b><br>1715-1815<br>Rina    | <b>Zumba Toning®</b><br>1715-1815<br>Terumi   | <b>Pilates</b><br>1700-1800<br>Kat    | <b>Yoga</b><br>1730-1830<br>Aisha                |  |
|                | <b>MixedFit®</b><br>1830-1930<br>Ai        | <b>Yoga</b><br>1830-1930<br>Aisha   | <b>Total Body Strength</b><br>1830-1930<br>Richie   | <b>MixedFit®</b><br>1830-1930<br>Naoko    | <b>Zumba®</b><br>1845-1945<br>Eri              |  |
|                |   |  <b>VXN Dance</b><br>1945-2045<br>Kayla  | <b>Combat Kickboxing</b><br>1945-2045<br>Richie   |  <b>Xtreme Hip Hop Step (Advanced)</b><br>1945-2045<br>Tylaja  |   |  |

## KINSER FITNESS CENTER: 637-1114

| TIME           | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY |
|----------------|--|--|--|--|--|----------|
| <b>Morning</b> |  | <b>Circuit Surge (FF)</b><br>0830-0930<br>Caroline  |  | <b>Circuit Surge (FF)</b><br>0830-0930<br>Caroline  |  |          |
| <b>Lunch</b>   |  | <b>Zumba®</b><br>1130-1230<br>Eri                   |  <b>MixedFit®</b><br>1130-1230<br>Naoko  |  | <b>COMMIT Dance</b><br>1130-1230<br>Rina  |          |
| <b>Evening</b> |  <b>Xtreme Hip Hop Step (Beginner)</b><br>1830-1930<br>Tylaja  |  |  |  |  |          |

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:  Youth Friendly: 

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


We encourage and support the participation of individuals of all abilities.

Please call MCCS Health Promotion at 645-3910 or email [groupfitness@okinawa.usmc-mccs.org](mailto:groupfitness@okinawa.usmc-mccs.org) if you need any assistance or require an accommodation.

Color Key and age authorization: Yoga  Dance  HIIT Cardio  Aqua  Cycle  Strength 

**MCCS**  
SEMPER FIT

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## FUTENMA SEMPER FIT BASKETBALL COURT: 636-2676


















| TIME           | MONDAY | TUESDAY  | WEDNESDAY  | THURSDAY | FRIDAY | SATURDAY |
|----------------|--------|--|--|----------|--------|----------|
| <b>Evening</b> |        | Xtreme Hip Hop<br>Step (Beginner)<br>1730-1830<br>Tylaja  | Zumba®<br>1730-1830<br>Chikako  |          |        |          |

## FUTENMA MCCUTCHEON GYM: 636-3241



| TIME         | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY | FRIDAY | SATURDAY |
|--------------|---|--|--|----------|--------|----------|
| <b>Lunch</b> | Valor Vinyasa<br>1130-1230<br>(MA)<br>Anacani  | Hatha Yoga<br>1130-1230<br>(MA)<br>Su Xu  | Vinyasa Yoga<br>1130-1230<br>(MA)<br>Rumi  |          |        |          |

## NORTH CAMPS

### COURTNEY IRONWORKS GYM: 622-9221

| TIME           | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY  |
|----------------|---|---|---|---|---|---|
| <b>Morning</b> | MixedFit®<br>0915-1015<br>Ayako              |   | Functional<br>Strength<br>0915-1015<br>Marsha  |   | Functional<br>Strength<br>0915-1015<br>Marsha  | MixedFit®<br>0930-1030<br>Ayako  |
|                |   | Strong Nation™<br>1030-1130<br>Chieri  | Zumba Toning®<br>1030-1130<br>Tomo             |  VXN Dance<br>1030-1130<br>Kayla  | Peach Booty<br>1030-1130<br>Chieri             |   |
| <b>Lunch</b>   | Restorative<br>Yoga<br>1145-1245<br>Steph S  | Vinyasa Yoga<br>1145-1245<br>Angela    |   | Vinyasa Yoga<br>1145-1245<br>Stephanie M   | Zumba®<br>1145-1245<br>Luly                    |   |
| <b>Evening</b> | MixedFit®<br>1830-1930<br>Ayako              | Zumba®<br>1830-1930<br>Fuka            | MixedFit®<br>1830-1930<br>Ayako                | Zumba®<br>1830-1930<br>Fuka    |   |   |

## HANSEN HOUSE OF PAIN MAIN GYM: 623-4831

| TIME         | MONDAY | TUESDAY   | WEDNESDAY  | THURSDAY | FRIDAY | SATURDAY |
|--------------|--------|---|--|----------|--------|----------|
| <b>Lunch</b> |        | Slow Flow Yoga<br>1130-1230<br>Mari M  | Sculpt + Tone<br>Yoga<br>1130-1230<br>Mari M  |          |        |          |

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