

# Group Fitness Schedule December 2024

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

## ALL CLASSES CANCELLED: CHRISTMAS DAY DECEMBER 25<sup>TH</sup> 2024 FOSTER GUNNERS FITNESS CENTER: 645-2705

TIME	MONDAY		TUESDAY	WEDNESDAY		THURSDAY	FRIDAY	SATURDAY
0530 - 0630			BARRE Mallory			BARRE Mallory		
0800 - 0900								Yoga 0800-0900 Mari F
0900 - 1000	Prenatal Yoga Hisaka		Zumba® Tomo	HIIT Flow Ashley		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	 Bl1tz & L1ft Miki	 Functional Strength Marsha	
1715 - 1815	Vinyasa Yoga 1745-1845 Rumi		COMMIT Dance Rina	Zumba Toning® Terumi		 Pilates 1700-1800 Kat	Yoga 1730-1830 Aisha	
1830 - 1930			Xtreme Hip Hop Step (Beginners) Tylaja			MixedFit® 1815-1915 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		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](mailto: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 



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**KINSER FITNESS CENTER: 637-1114**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
0830 - 0930		Circuit Surge (FF) Caroline		Circuit Surge (FF) Caroline		Interval Training (HP) 0900-1000 Mike
1130 - 1230		Zumba® Eri			COMMIT Dance Rina	

## NORTH CAMPS

**COURTNEY IRONWORKS GYM: 622-9221**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
0515 - 0615			Rhythm HIIT & Hills Cycle Kellyn			
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	Yoga Mari F	Vinyasa Yoga Stephanie M	Strong 30™ Chieri	
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
0530 - 0630			Interval Training Angela J			
1130 - 1230	Rhythm HIIT & Hills Cycle Kellyn	Slow Flow Yoga Mari M		Slow Flow yoga Mari M		

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: New Class,



: Adults only

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Color Key and age authorization: 12+ Yoga



Dance



HIIT Cardio



Aqua



Cycle



Adults only: Strength

