

Group Fitness Schedule March 2025

Age restrictions: Ages 12–17 are only allowed to attend classes indicated as “youth friendly” under the direct supervision of a parent or legal guardian.

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

FOSTER GUNNERS FITNESS CENTER: 645-2705

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning		BARRE 0530-0630 Mallory 		BARRE 0530-0630 Mallory 		 Yoga 0800-0900 Aisha 
	Prenatal Yoga 0900-1000 Hisaka 		 Vinyasa Fusion Yoga 0900-1000 Milly 	BARRE 0900-1000 Mallory 	Restorative Yoga 0900-1000 Hisaka 	MixedFit® 0915-1015 Naoko 
Lunch	Zumba® 1015-1115 Miki 	 Zumba® 1015-1115 Tomo 	MixedFit® 1015-1115 Ai 	Zumba Toning® 1015-1115 Miki 	Zumba® 1015-1115 Terumi 	Zumba® 1030-1130 Laura 
	Insanity 1130-1230 Miki 	Rhythm Cycle (SP) 1130-1230 Alana 	Power Yoga 1130-1230 Hisaka 	 Qi & Yin Harmony Yoga 1130-1230 Su Xu 	 Rhythm Cycle (SP) 1130-1230 Steven 	P90X Strength 1130-1230 Laura 
Evening	 Vinyasa Yoga 1715-1815 Rumi 	COMMIT Dance 1715-1815 Rina 	Zumba Toning® 1715-1815 Terumi 	Pilates 1700-1800 Kat 	Yoga 1730-1830 Aisha 	
	 MixedFit® 1830-1930 Ai 		 Total Body Strength 1830-1930 Richie 	MixedFit® 1830-1930 Naoko 	Zumba® 1845-1945 Eri 	
		Yoga 1945-2045 Aisha 	 Combat Kickboxing 1945-2045 Richie 			

KINSER FITNESS CENTER: 637-1114

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

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 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 GYM: 636-2676

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Evening			 Zumba® (BC) 1730-1830 Chikako 			

FUTENMA MCCUTCHEON GYM: 636-3241

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lunch	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 

NORTH CAMPS

COURTNEY IRONWORKS GYM: 622-9221

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

HANSEN HOUSE OF PAIN MAIN GYM: 623-4831

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

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