



**FALL** SEP 5 - NOV 1  
**GROUP EXERCISE  
SCHEDULE**  
**BARBER PHYSICAL ACTIVITY CENTER**

**UNIT PT'S FOR AT LEAST EIGHT PEOPLE IN CYCLE OR FITNESS CLASSES NOT ON THE SCHEDULE CAN BE ARRANGED 36 HOURS IN ADVANCE.**

**To schedule call, 703.784.2339 OR 703.432.0590, or email [BPACregistration@usmc-mccs.org](mailto:BPACregistration@usmc-mccs.org).**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:00 AM	SPIN CYCLE	B.E.S.T.	SPIN CYCLE	B.E.S.T.	SPIN CYCLE
11:30 AM	YOGA	B.E.S.T.	YOGA	B.E.S.T.	
11:30 AM	SPIN CYCLE	SPIN CYCLE	SPIN CYCLE	SPIN CYCLE	SPIN CYCLE

**MARTIAL ARTS CLASSES ARE MONDAY AND WEDNESDAY 4-5:30 PM AND SATURDAY 9-10 AM.**

All ranges of experience are encouraged. No gi or equipment is required to participate. Full contact class. The instructor invites you to come try a class before registering! \$65.00 PER MONTH.

**Special Event - Sep 21**  
Dance Fitness Jam: 9:30-11:30 AM

**No regularly scheduled classes:  
October 14**

**FOR MORE INFO, CALL 703.784.2339 OR 703.432.0590**

Working out with a group provides extra motivation, camaraderie, and fun. Our wide variety of classes are great for beginners to advanced exercisers. All of our classes are conducted by certified instructors.

## **IN THE EVENT THAT AN INSTRUCTOR IS NOT AVAILABLE, A WELLBEATS VIDEO CLASS WILL BE USED FOR INSTRUCTION.**

### **B.E.S.T. (BASIC ENDURANCE STRENGTH TRAINING)**

This class emphasizes the development of strength and functional conditioning with traditional weight-lifting exercises primarily using barbells and dumbbells. The training goal is to build long, lean, stronger muscles focusing on the endurance end of resistance training for a full body workout each class. Designed for all fitness levels.

### **SPIN CYCLE**

An indoor group bicycling class designed for all fitness levels. This high cardio workout challenges leg endurance without the impact on the joints.

### **YOGA**

Achieve physical, emotional, and spiritual well-being while strengthening your body. Yoga is a great way to manage stress and improve physical imbalances in the body.

### **DANCE FITNESS JAM**

It's National Dance Day! Come enjoy a class that will include various dance fitness formats such as Zumba and Mixxed Fit, and also some line dancing. Free to authorized ID holders ages 16 and up (14-15 years can attend with a legal guardian)



MCCS encourages and supports the participation of individuals of all abilities in its programs and facilities. Ages 16 and up may participate in all of our classes. Ages 14-15 can participate when directly supervised by a legal guardian who is participating in the class also. Please call if you need a reasonable accommodation to fully participate.

### **GROUP EXERCISE ROOM USAGE**

During times when no classes or reservations are using the room, you can do a workout in the room. Sign in and out at the front desk to gain access and read the usage policy.

## **WELLBEATS IS "FITNESS ON DEMAND"**

There is one kiosk available for workout videos in a program called WellBeats. During unscheduled time slots, you can request to use the WellBeats program. However, **ALL WELLBEATS CLASSES MUST END 30 MINUTES BEFORE THE START OF A SCHEDULED CLASS.** Choose from a variety of programs such as kickboxing, step, sports interval training, strength training, indoor cycling, and yoga/pilates fusion classes. You can choose a class for 20 minutes, 35 minutes, or 50 minutes.

For specific descriptions of the classes, please visit [quantico.usmc-mccs.org](http://quantico.usmc-mccs.org). WellBeats virtual classes are **FREE** to all authorized users.

### **TO TAKE A WELLBEATS CLASS:**

Report to the front desk Fitness Center Attendant to sign-in and gain access to the room.

### **COST:**

- Active Duty & Reservists **FREE**
- Family members & Retirees \$25 per month
- DoD Civilians \$35 per month
- Daily drop-in \$5 per class/pro-rated fees not available
- Contractor fees:
  1. Use facility only \$40
  2. Use group exercise only \$40
  3. Use facility AND group exercise \$60

### **Fees are prorated after the 15th of the month:**

- Family Members and Retirees: **\$18**
- DoD Civilians: **\$25**

**Please see front desk for payment information.**