

Group Fitness Schedule November 2026

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

ALL CLASSES CANCELLED: VETERANS DAY, WEDNESDAY 11th & THANKSGIVING DAY, THURSDAY 26th
FOSTER GUNNERS FITNESS CENTER: 645-2705

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning	Power Yoga 0900-1000 Hisaka 	Barre 0900-1000 Emma 		CIRCL Mobility™ 0900-1000 Terumi 	Prenatal Yoga 0900-1000 Hisaka 	Pilates 0915-1015 Waka 
	COMMIT Dance 1015-1115 Rina 	Zumba® 1015-1115 Tomo 	AM Yoga 1015-1115 Mason 	Zumba® 1015-1115 Eri 	Zumba® 1015-1115 Terumi 	COMMIT Dance 1030-1130 Rina 
Lunch	Lift Lab 1130-1230 Emma 	Restorative Yoga 1130-1230 Hisaka 	Pilates 1130-1230 Waka 	Strong Nation™ 1130-1230 Dayana 	Build & Burn 1130-1230 Laura 	
Evening		Yoga 1715-1815 Aisha 	Zumba Toning® 1715-1815 Terumi 	Yoga 1715-1815 Aisha 	Restorative Yin Yoga 1715-1815 Milly 	
	Zumba® 1830-1930 Eri 	Zumba® 1830-1930 Laura 	Barre 1830-1930 Emma 	MixedFit® 1830-1930 Ai 		

FUTENMA MCCUTCHEON GYM: 636-3241 AQUATICS FUTENMA POOL: 636-3518

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lunch	CIRCL Mobility™ 1130-1230 Terumi 		Vinyasa Yoga (MA) 1130-1230 Rumi 	Restorative Yin Yoga (MA) 1130-1230 Milly 	Pilates (MA) 1130-1230 Waka 	
Evening				Aqua Zumba® 1730-1830 Chika 		

AQUATIC CENTER: PLAZA HOUSING POOL: 645-2970

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Evening		Aqua Zumba® 1730-1830 Chika 				

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 communityfitness@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 / Core  Prenatal 



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KINSER FITNESS CENTER: 637-1114

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lunch		Zumba® 1130-1230 Eri 		Pilates 1130-1230 Waka 	COMMIT Dance 1130-1230 Rina 	

NORTHERN CAMPS

COURTNEY IRONWORKS GYM: 622-9221

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning	Upper Body Sculpt 0915-1015 Chieri 		Functional Strength 0915-1015 Marsha 		Functional Strength 0915-1015 Marsha 	
	Zumba® 1030-1130 Eri 	Strong Nation™ 1030-1130 Chieri 			Glutes & Glow 1030-1130 Chieri 	
Lunch			 Slow Burn 1145-1245 Stephanie S 	 Vinyasa Yoga 1145-1245 Rumi 		
Evening		Yin Yoga 1715-1815 Molly 				
	MixedFit® 1830-1930 Ayako 		MixedFit® 1830-1930 Ayako 			

HANSEN HOUSE OF PAIN MAIN GYM: 623-4831

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning					 Morning Mobility 0615-0715 Molly 	
Lunch	Hatha Flow Yoga 1130-1230 Molly 			Hatha Flow Yoga 1130-1230 Molly 		

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