






























Group Fitness Schedule July 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: INDEPENDENCE DAY, FRIDAY JULY 3RD & SATURDAY JULY 4TH

FOSTER GUNNERS FITNESS CENTER: 645-2705








 **YOUNG WARRIORS SUMMER FIT CAMP BEGINS JULY 7TH, 2026**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning	 Power Yoga 0900-1000 Hisaka 	 Summer Kids Fit Camp Yoga Kids 0900-1000 Mason 	AM Yoga 0900-1000 Mason 	 Summer Kids Fit Camp Zumba® Kids 0900-1000 Terumi 	Prenatal Yoga 0900-1000 Hisaka 	Yoga 0800-0900 Aisha 
	 COMMIT Dance 1015-1115 Rina 	Zumba® 1015-1115 Tomo 	Harmony Yoga 1130-1230 Su Xu 		Zumba® 1015-1115 Terumi 	Pilates 0915-1015 Waka 
Lunch	 Lift Lab 1130-1230 Emma 	Restorative Yoga 1130-1230 Hisaka 			Build & Burn 1130-1230 Laura 	Zumba® 1030-1130 Laura 
	Barre 1715-1815 Emma 	COMMIT Dance 1715-1815 Rina 	Zumba Toning® 1715-1815 Terumi 	Yoga 1715-1815 Aisha 		
Evening	Zumba® 1830-1930 Eri 	Yoga 1830-1930 Aisha 	Barre 1830-1930 Emma 	MixedFit® 1830-1930 Ai 		



FUTENMA MCCUTCHEON GYM: 636-3241

AQUATICS FUTENMA POOL: 6363518

 **AQUA CONDITIONING BEGINS JULY 10TH, 2026**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lunch		Harmony Yoga (MA) 1130-1230 Su Xu 	Vinyasa Yoga(MA) 1130-1230 Rumi 		Pilates (MA) 1130-1230 Waka 	 Aqua Conditioning (Aquatic Pool) 1130-1230 Shane 
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 			Aqua Zumba® 1730-1830 Chikako 	

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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ALL CLASSES CANCELLED: INDEPENDENCE DAY, FRIDAY JULY 3RD & SATURDAY JULY 4TH
KINSER FITNESS CENTER: 637-1114

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

NORTH 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 			Peach Booty 1030-1130 Chieri 	
Lunch	Restorative Yoga 1145-1245 Steph S 	Vinyasa Yoga 1145-1245 Angela 		Vinyasa Yoga 1145-1245 Stephanie M 		
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
Lunch	Hatha Flow Yoga 1130-1230 Molly 		Vinyasa Yoga 1130-1230 Angela 	Hatha Flow Yoga 1130-1230 Molly 		

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: 

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

