


Group Fitness Schedule September 2025










































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: Labor Day September 1st

FOSTER GUNNERS FITNESS CENTER: 645-2705

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning	 Gentle Yoga 0530-0630 Mason 	 Barre 0530-0630 Bridget 	 Power Vinyasa Yoga 0530-0630 Mason 	 Barre 0530-0630 Bridget 		Yoga 0800-0900 Aisha 
	Prenatal Yoga 0900-1000 Hisaka 		 Prenatal Yoga 0900-1000 Hisaka 	 Hatha Yoga 0900-1000 Mason 	Restorative Yoga 0900-1000 Hisaka 	MixedFit® 0915-1015 Naoko 
Lunch	Zumba® 1015-1115 Miki 	 Zumba® 1015-1115 Luly 	MixedFit® 1015-1115 Ai 	Zumba Toning® 1015-1115 Miki 	Zumba® 1015-1115 Terumi 	Zumba® 1030-1130 Laura 
	Amped Up 1130-1230 Miki 	Rhythm Cycle (SP) 1130-1230 Alana 	Restorative Yoga 1130-1230 Hisaka 	Qi & Yin Harmony Yoga 1130-1230 Su Xu 	Groove Cycle (SP) 1130-1230 Steven 	Build & Burn 1130-1230 Laura 
Evening	Vinyasa Yoga 1715-1815 Rumi 	COMMIT Dance 1715-1815 Rina 	Zumba Toning® 1715-1815 Terumi 	 Yoga 1715-1815 Aisha 	 Zumba® 1730-1830 Eri 	
	MixedFit® 1830-1930 Ai 	Yoga 1830-1930 Aisha 		MixedFit® 1830-1930 Naoko 		
		VXN Dance 1945-2045 Kayla 		Xtreme Hip Hop Step (Advanced) 1945-2045 Tylaja 		

FUTENMA MCCUTCHEON GYM: 636-3241 / FUTENMA SEMPER FIT GYM: 6362676
FUTENMA POOL: 6363518

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lunch	Valor Vinyasa 1130-1230 McCutcheon (MA) Anacani 	Hatha Yoga 1130-1230 McCutcheon (MA) Su Xu 	Vinyasa Yoga 1130-1230 McCutcheon (MA) Rumi 			
Evening		Xtreme Hip Hop Step (Beginner) Semper Fit Gym (BC) 1730-1830 Tylaja 		 Aqua Zumba® (Aquatic Pool) 1645-1745 Chika 		
				 Aqua Recovery (Aquatic Pool) 1750-1850 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 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  Prenatal 

MCCS
SEMPER FIT





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AQUATIC CENTER: PLAZA HOUSING POOL: 645-2970

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Evening		 Aqua Zumba® 1740-1840 Chika 			 Aqua Zumba® 1730-1830 Chikako 	



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 	

NORTH CAMPS COURTNEY IRONWORKS GYM: 622-9221

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning	 Zumba® 1030-1130 Eri 	Strong Nation™ 1030-1130 Chieri 	Functional Strength 0915-1015 Marsha 		Functional Strength 0915-1015 Marsha 	
Lunch	Restorative Yoga 1145-1245 Steph S 	Vinyasa Yoga 1145-1245 Angela 		Vinyasa Yoga 1145-1245 Stephanie M 		
Evening	MixedFit® 1830-1930 Ayako 		MixedFit® 1830-1930 Ayako 			

HANSEN HOUSE OF PAIN MAIN GYM: 623-4831

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lunch		Slow Flow Yoga 1130-1230 Mari M 	Sculpt + Tone Yoga 1130-1230 Mari M 			







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