


































Group Fitness Schedule December 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: CHRISTMAS DAY, DECEMBER 25TH
FOSTER GUNNERS FITNESS CENTER: 645-2705

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning		Barre 0530-0630 Bridget 	Morning Yoga 0530-0630 Mason 	Barre 0530-0630 Bridget 		Yoga 0800-0900 Aisha 
	Prenatal Yoga 0900-1000 Hisaka 		Prenatal Yoga 0900-1000 Hisaka 		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 
	Amped Up 1130-1230 Miki 	Restorative Yoga 1130-1230 Hisaka 	Harmony Yoga 1130-1230 Su Xu 	Groove Cycle (SP) 1130-1230 Steven 	Build & Burn 1130-1230 Laura 	Functional Strength 1130-1230 Marsha 
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 	 Barre 1830-1930 Emma 	MixedFit® 1830-1930 Naoko 		
		VXN Dance 1945-2045 Kayla 				

FUTENMA MCCUTCHEON GYM: 636-3241

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lunch		Harmony Yoga 1130-1230 McCutcheon (MA) Su Xu 	Vinyasa Yoga 1130-1230 McCutcheon (MA) Rumi 	 Slow down Yin Yoga 1130-1230 McCutcheon (MA) Milly 		








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 



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ALL CLASSES CANCELLED: CHRISTMAS DAY, DECEMBER 25TH

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	 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 	 Vinyasa Power Flow 1030-1130 Milly 		Peach Booty 1030-1130 Chieri 	
Lunch	Restorative Yoga 1145-1245 Steph S 	Vinyasa Yoga 1145-1245 Angela 		Vinyasa Yoga 1145-1245 Stephanie M 		
Evening	MixxedFit® 1830-1930 Ayako 		MixxedFit® 1830-1930 Ayako 			

HANSEN HOUSE OF PAIN MAIN GYM: 623-4831
AQUATICS CENTER: HANSEN 50M POOL: 623-4708

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lunch			 Aqua Recovery 1730-1830 Chika 		 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: 

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

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