


# Group Fitness Schedule January 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](http://www.okinawa.usmc-mccs.org/healthpromotion)

**ALL CLASSES CANCELLED: NEW YEARS' DAY, JANUARY 1<sup>ST</sup> ; MLK JR. DAY, JANUARY 19<sup>th</sup>**  
**FOSTER GUNNERS FITNESS CENTER: 645-2705**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning		Barre 0530-0630 Bridget 		Barre 0530-0630 Bridget 		Yoga 0800-0900 Aisha 
	Prenatal Yoga 0900-1000 Hisaka 		AM Yoga 0900-1000 Mason 		Prenatal Yoga 0900-1000 Hisaka 	MixedFit® 0915-1015 Naoko 
Lunch	Zumba® 1015-1115 Miki 	Zumba® 1015-1115 Tomo 	Strong & Steady 1015-1115 Taylor 	Zumba Toning® 1015-1115 Miki 	Zumba® 1015-1115 Terumi 	Zumba® 1030-1130 Laura 
	Sh1ft & L1ft 1130-1230 Miki 	Restorative Yoga 1130-1230 Hisaka 	Harmony Yoga 1130-1230 Su Xu 	Groove Cycle (SP) 1130-1230 Steven 	Full Body Blast 1130-1230 Dayana 	Build & Burn 1130-1230 Laura 
Evening	Barre 1715-1815 Emma 	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](mailto: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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## KINSER FITNESS CENTER: 637-1114







TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning		<b>Circuit Surge (FF)</b> 0830-0930 Caroline 		<b>Circuit Surge (FF)</b> 0830-0930 Caroline 		
Lunch		<b>Zumba®</b> 1130-1230 Eri 			<b>COMMIT Dance</b> 1130-1230 Rina 	

## NORTH CAMPS

### COURTNEY IRONWORKS GYM: 622-9221

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Morning	<b>Upper Body Sculpt</b> 0915-1015 Chieri 		<b>Functional Strength</b> 0915-1015 Marsha		<b>Functional Strength</b> 0915-1015 Marsha 	
	<b>Zumba®</b> 1030-1130 Eri 	<b>Strong Nation™</b> 1030-1130 Chieri 	 <b>Vinyasa Power Flow</b> 1030-1130 Milly 		<b>Peach Booty</b> 1030-1130 Chieri 	
Lunch	<b>Restorative Yoga</b> 1145-1245 Steph S 	<b>Vinyasa Yoga</b> 1145-1245 Angela 		<b>Vinyasa Yoga</b> 1145-1245 Stephanie M 		
Evening	<b>MixxedFit®</b> 1830-1930 Ayako 		<b>MixxedFit®</b> 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			 <b>Vinyasa Yoga</b> 1130-1230 Angela 			
Evening			 <b>Aqua Recovery</b> 1730-1830 Chika 		 <b>Aqua Zumba®</b> 1730-1830 Chika 	

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**MCCS**  
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