

Fitness Programs

For detailed information call 466-1147/2371 or email Vicky Lee at: vicky.lee@usmc-mccs.org.

Effective 4/01/2012



Fitness Connection, Located in Building 4027, on Alexander Road, in Staff Housing Area

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Unit PT Request: All requests must be through email to vicky.lee@usmc-mccs.org. Classes must be requested 1 week in advance.					
8:45am-9:30am		H.A.B.I.T.		Power Pump	
8:45am-9:45am	Step		Kickbox		Step
9:35am-10:00am		Crunch		Crunch	
10:00am-11:00am	20/20/20	Zumba	Pilates	Zumba	Yoga
11:30am-12:30pm		HITT	Kickbox	HITT	
6:15pm-7:15pm	Pilates			Kickbox	

Semper Fit Center, Bldg 3383, located next to Combat Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday
11:00am-11:40am		Cycle		Cycle	
11:50am-12:30pm		Cycle		Cycle	

Unit PT Classes Available Upon Request.

Marine Dome, Bldg 287, located next to Combat Pool

Time	Monday	Tuesday	Wednesday	Thursday	Friday
5:00pm-5:45pm	Zumba		Zumba	Zumba	

~ Class Schedule is subject to cancellation due to Holidays & Active Duty Liberty.

Semper Fit Pass ~ DoD Only

Individual Annual Pass: (prorated \$20/month)... \$240
 Family Annual Pass: (prorated \$40/month) \$480
 Semper Fit Monthly Pass: \$30



*All Inclusive Pass: Includes usage of the Fitness Centers, Marine Dome, all Pools and participation in group exercise classes.

Group Exercise Fees

Active Duty/Retired Military/Reservists: . . . Free
 Family Members: Free
 DOD and DOD Family Members
 Unlimited Monthly: \$20
 Single Class Fee: \$3
 Punch-Card Special: \$45 /30 classes
 Guest Fee: \$5

For comments or suggestions visit: <http://ice.disa.mil/index.cfm>



Become a certified personal trainer by the AFAA (Aerobics and Fitness Association of America).

Coming in **MAY**

Coming in **JUNE**

AFAA Primary Group Exercise Certification



Class Definitions

20/20/20: 20 minutes of cardio to strengthen the muscles of the heart and get your weight under control; 20 minutes of toning and strengthening and 20 minutes of Pilates conditioning, to help improve flexibility, strengthen core (power house), improve endurance and coordination without adding muscle bulk.

BC² (Body Composition Boot Camp): For the marines who are out of body composition standards.

Crunch: 30-minute abdominal workout class.

Cycling: this class blends cycling technique, sound training principles and expert coaching in training sessions that energize, challenge and inspire. Each class offers enthusiasts of all ages and fitness levels the chance to experience the benefits of calorie-burning, energizing workouts - at a self-directed pace.

H₂O: Splash your way to fitness in this non impact class. Use the resistance from the water to increase your strength and stamina without putting strain on your joints.

H.A.B.I.T.: Hips, Abs, Butts & Inner-Thighs. This 45 minute lower body toning class will target all our areas we want to tone up. Come try this excellent new class.

HITT: (High Intensity Tactical Training) - this class is for the tactical athlete. Functional movements, to include strength, endurance, and agility are all the aspects being worked here to keep you in combat ready mode.

Kickboxing: The hottest craze in group exercise classes nationwide. This class combines "boxing" movements with music. A great cross training tool and excellent for all fitness levels.

Power Pump: is a group-exercise based weight training class. It uses a variety of different exercise equipment to work every major muscle in the body. A typical workout involves roughly 100 repetitions for each muscle group which is an effective way to improve your muscular endurance. This workout can also help to accelerate weight loss when combined with cardiovascular activity and good nutritional habits..

Step: the bench was originally designed for physical therapy rehabilitation in the 1980s-based on height and speed of movement on the bench. This cardio activity can expend a huge amount of stored calories! All levels of fitness will benefit and are welcome...simple choreography and FUN!

Yoga Stretch: Literally means union. This class is based on practical and scientific teachings, including a system of exercises for attaining bodily and mental control and well being. There are two components: Physical Postures and Breathing Exercises to improve posture, balance, flexibility & strength. All ages and levels of fitness can enjoy and benefit.

Pilates: Get all the benefits of a mind body practice from yoga and the core strengthening workout from Pilates.

Zumba: a Latin-inspired dance-fitness class that incorporates Latin and International music and dance movements such as Merengue, Salsa, Cumbia and Reggaeton. The cardio-based dance movements are easy-to-follow and include the basic principles of aerobic, interval and resistance training to maximize caloric output, cardiovascular benefits and total body toning.