DECEMBER

GROUP FITNESS SCHEDULE

IRONWORKS NORTH

> IRONWORKS NORTH

MON **TABATA & STRETCH**

6:00 AM

30/30 11:30 AM

FUNCTIONAL FLEXIBILITY 11:30 AM

ZUMBA

5:15 PM

POWER PUMP 6:30 PM

TUE MIXXEDFIT 11:30 AM **YIN YOGA** 4:00 PM **MIXXEDFIT***

6:30 PM

➢ IRONWORKS NORTH AEROBICS RM. 3

WED

SPIN EXPRESS

11:30 AM

11:30 AM

5:15 PM

MIXXEDFIT*

6:30 PM

SPIN

HATHA YOGA

THU SPIN

6:00 AM

7UMBA 11:30 AM

HATHA YOGA 11:30 AM

30/30

5:15 PM

ZUMBA 6:30 PM

FRI MIXXEDFIT 11:30 AM **MIXXFDFIT***

ATAGO AEROBICS RM

5:15 PM

*PARTICIPANTS NEED AN ACCESS CARD FROM THE LOTUS CULTURAL CENTER

NO CLASSES DEC 25 • NO SPIN CLASS DEC 26 • NO YOGA CLASSES DEC 23, 24, 30, & 31 • EXPRESS CLASSES ARE 30 MINUTES ALL OTHER CLASSES ARE 60 MINUTES • NO CLASS ON U.S. FEDERAL HOLIDAYS • SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE.

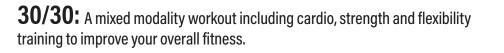
Fitness 253-6359

iwakuni.usmc-mccs.org





DECEMBER GROUP FITNESS SCHEDULE



ZUMBA: Dance your way to a fitter you with Latin-based high and lowintensity intervals designed to boost your cardiovascular endurance.

TABATA & STRETCH: Interval training in blocks of 20 seconds with 10 seconds of rest using a variety of fitness equipment and body-weight movements. This class features an extended cool down to improve your overall flexibility.

SPIN: A non-weight bearing, heart-pumping workout on a spin bike. Ride flats, hills, intervals, and sprints to the beat of the music.

YIN YOGA: A meditative practice that intentionally counters high energy activities and strength training, focusing on myofascial release and restoring the nervous system through long hold Yoga stretches that foster wellbeing for the body, mind, and soul.

PROGRESSIVE HATHA YOGA: A class that takes your practice to the next level by incorporating fundamental and intermediate Yoga poses with meditation to cultivate strength, flexibility, and unity for the mind, body, and soul.

FUNCTIONAL FLEXIBILITY TRAINING: A science-based approach to Yoga stretching that focuses on increasing functional mobility and range of motion. Add this class to your weekly routine to support weight training, long distance running, or advance in your Yoga practice

POWER PUMP: A full-body strength and endurance bootcamp style class that utilizes a variety of equipment to include weights, resistance bands, medicine balls, Aerobic step platforms etc.

MIXXEDFIT: A mix of explosive dancing and body weight toning. The routines feature Aerobic interval training with a combination of fast and slow rhythms.

All levels of fitness are welcome to any class; exercises and weights can be adjusted as necessary.