NOVEMBER FITNESS CLASS SCHEDULE

NO CLASS ON U.S. FEDERAL HOLIDAYS • SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE • OPEN TO ALL LEVELS OF FITNESS

NO SPIN CLASSES NOV 3 & 4

MON

HATHA YOGA
9:30-10:30 AM N1

POWER PUMP
11:30 AM - 12:30 PM N1

JUDO P ★
5-7 PM ND

ZUMBA
5:15-6:15 PM N3

TUE

SPIN
6-7 AM S

CHILDREN'S DANCE CLASS P ★
3:30-4:30 PM N3

CHILDREN'S BALANCE & STRENGTH P ★
4-6:45 PM AT

MIXXEDFIT
5:30-6:30 PM S

WED

GLUTES & ABS
11:30 AM - 12:30 PM N1

CHILDREN'S DANCE CLASS P ★
4-5 PM N3

CHILDREN'S BALANCE & STRENGTH P ★
4-7:30 PM AT

JUDO P ★
5-7 PM ND

SPIN
5:15-6:15 PM S

THU

CHILDREN'S BALANCE & STRENGTH P ★
10 AM - Noon AT

MIXXEDFIT
10:30 - 11:30 AM S

CHILDREN'S DANCE CLASS P ★
3:30-4:30 PM N3

CHILDREN'S BALANCE & STRENGTH P ★
4-7 PM AT

HATHA YOGA
5:15-6:15 PM N1

FRI

MIXXEDFIT
10:30 - 11:30 AM S

SAT

MIXXEDFIT
11:30 AM - 12:30 PM S

Scan for registration and information for paid classes.

N1 IRONWORKS NORTH AEROBICS RM. 1

N3 IRONWORKS NORTH AEROBICS RM. 3

S IRONWORKS SOUTH AEROBICS RM.

ND IRONWORKS NORTH DOJO

SD IRONWORKS SOUTH DOJO

AT IRONWORKS ATAGO AEROBICS RM.

A1 IRONWORKS ATAGO AEROBICS RM. 1

P PAID CLASS

★ KIDS WELCOME

Fitness 253-6359

iwakuni.usmc-mccs.org

MCCS SEMPER FIT

NOVEMBER FITNESS CLASS SCHEDULE

CLASS DESCRIPTIONS

ZUMBA

Dance your way to a fitter you with Latin-based high and low-intensity intervals designed to boost your cardiovascular endurance.

SPIN

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

MIXXEDFIT

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

HATHA YOGA

A foundational yoga class that focuses on alignment, breath, and mindful relaxation. Great for reducing stress and improving mind-body connection. All levels welcome.

ALL LEVELS OF FITNESS ARE WELCOME TO ANY CLASS; EXERCISES AND WEIGHTS CAN BE ADJUSTED AS NECESSARY.