

OCTOBER

FITNESS CLASS SCHEDULE

NO CLASS ON U.S. FEDERAL HOLIDAYS • SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE • OPEN TO ALL LEVELS OF FITNESS
NO CLASSES AT IRONWORKS SOUTH OCT 15-24 DUE TO FACILITY MAINTENANCE

MON	TUE	WED	THU	FRI	SAT
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	SPIN 6-7 AM S CHILDREN'S DANCE CLASS P★ 3-4:45 PM N3 CHILDREN'S BALANCE & STRENGTH P★ 4-6:45 PM AT TODDLER YOGA P★ 5:15-6:15 PM A1 MIXXEDFIT 5:30-6:30 PM S PRENATAL YOGA P★ 6:30-7:30 PM A1	POSTPARTUM RECOVERY YOGA P★ 9:30-10:30 AM N3 GLUTES & ABS 11:30 AM - 12:30 PM N1 CHILDREN'S BALANCE & STRENGTH P★ 4-7:30 PM AT JUDO P 5-7 PM ND SPIN 5:15-6:15 PM S	CHILDREN'S BALANCE & STRENGTH P★ 10 AM - Noon AT CHILDREN'S DANCE CLASS P★ 3-4:45 PM N3 CHILDREN'S BALANCE & STRENGTH P★ 4-7 PM AT HATHA YOGA 5:15-6:15 PM N1 MIXXEDFIT 5:30-6:30 PM S	MIXXEDFIT 11:30 AM - 12:30 PM S	MIXXEDFIT 10:30-11:30 AM S



Scan for
registration
and information
for paid classes.

N1 IRONWORKS NORTH
AEROBICS RM. 1

AT IRONWORKS ATAGO
AEROBICS RM.

N3 IRONWORKS NORTH
AEROBICS RM. 3

A1 IRONWORKS ATAGO
AEROBICS RM. 1

S IRONWORKS SOUTH
AEROBICS RM.

P PAID CLASS

ND IRONWORKS
NORTH DOJO

★ KIDS WELCOME

SD IRONWORKS
SOUTH DOJO

Fitness ☎ 253-6359

iwakuni.usmc-mccs.org   

MC CS
SEMPER FIT

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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.