

SEPTEMBER

FITNESS CLASS SCHEDULE

NO SPIN CLASSES SEP 3-15 • NO CLASS ON U.S. FEDERAL HOLIDAYS • SCHEDULE SUBJECT TO CHANGE WITHOUT NOTICE • OPEN TO ALL LEVELS OF FITNESS

MON	TUE	WED	THU	FRI	SAT
HATHA YOGA 6-7 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 N1 CHILDREN'S BALANCE, STRENGTH, & FLEXIBILITY P★ 4-6:45 PM AT TODDLER YOGA P★ 5:15-7:30 PM A1 MIXXEDFIT 5:30-6:30 PM S PRENATAL YOGA P 6:30-7:30 PM A1	GLUTES & ABS 11:30 AM - 12:30 PM N1 CHILDREN'S BALANCE, STRENGTH, & FLEXIBILITY P★ 4-7:30 PM AT JUDO P★ 5-7 PM ND SPIN 5:15-6:15 PM S POSTPARTUM RECOVERY YOGA P★ 5:45-6:45 PM SD VINYASA YOGA P 7-8 PM SD	SPIN 6-7 AM S CHILDREN'S BALANCE, STRENGTH, & FLEXIBILITY P★ 9 AM - Noon AT POSTPARTUM RECOVERY YOGA P★ 10:45-11:45 AM N3 VINYASA YOGA P Noon-1 PM N3 CHILDREN'S BALANCE, STRENGTH, & FLEXIBILITY P★ 4-5 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

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MCCS
SEMPER FIT

SEPTEMBER

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.