

GX/FS8 Classes



mon	tue	wed	thu	fri
FS8 STUDIO 6:00-6:50 AM	FS8 STUDIO 6:00-06:50 AM	FS8 STUDIO 6:00-06:50 AM	FS8 STUDIO 6:00-6:50 AM	FS8 STUDIO 6:00-6:50 AM
FS8 STUDIO 07:00-07:50 AM	FS8 STUDIO 7:00 AM-7:50 AM	FS8 STUDIO 7:00-7:50 AM	FS8 STUDIO 7:00-7:50 AM	FS8 STUDIO 7:00-7:50 AM
FS8 STUDIO 08:00-08:50 AM	GX STUDIO GENTLE YOGA 9:00-9:45 AM	FS8 STUDIO 8:00-8:50 AM	FS8 YOGA RESTORE 8:00AM-8:50 AM	FS8 STUDIO 8:00-8:50 AM
GX STUDIO ZUMBA 09:00-09:45 AM	GX STUDIO ZUMBA 10:00-10:45 AM	GX STUDIO BASIC 101 9:00-9:45 AM	GX STUDIO GENTLE YOGA 9:00-9:45AM	GX STUDIO PILATES 9:00-9:45 AM
GX STUDIO BYOB 10:00 AM-10:45 AM	GX SPIN STUDIO 11:00-11:30 AM	GX STUDIO ZUMBA 10:00-10:45 AM	GX STUDIO ZUMBA TONING 10:00-10:45 AM	GX STUDIO ZUMBA 10:00-10:45 AM
FS8 STUDIO 11:00-11:50 AM	FS8 STUDIO 11:00-11:50 AM	FS8 STUDIO 11:00-11:50 AM	GX STUDIO ZUMBA TONING 10:00-10:45 AM	FS8 STUDIO 11:00-11:50 AM
FS8 STUDIO 12:00-1:00 PM	GX STUDIO RESTORATIVE YOGA 11:45-12:30 PM	FS8 STUDIO 12:00-1:00 PM	GX SPIN STUDIO 11:00-11:30 AM	
FS8 STUDIO 3:30 PM-4:20 PM		FS8 STUDIO 3:30-4:20 PM	FS8 STUDIO 11:00-11:50 AM	
			GX RESTORATIVE YOGA 11:45-12:30 PM	
				sat
				FS8 STUDIO 8:00-08:50 AM
				FS8 STUDIO 9:00-9:50 AM

Please arrive 5-10 minutes prior to class if you are new to exercise, or if you are participating in cycling, body sculpting or Zumba.

MONTHLY PASS PRICING

Monthly passes for all classes is \$45.00 and must be purchased by the 7th of the month.

Monthly pass for GX Studio classes

- Active Duty - Free
- GX Studio classes
- Monthly - \$45.00
- Single class fee - \$6.00

Monthly pass for FS8 Studio classes

- (available on the app)
- Active Duty - Free
- FS8 Studio classes
- Monthly - \$45.00
- Single Drop-in fee FS8 Studio class - \$7.00
- Combination of two GX Classes - GX/FS8 -\$65.00

CLASS NOTES:

Classes are held at the Semper Fit Center, Bldg. 2002. Classes are limited to space and will be on a first come, first served basis.

The Semper Fit Center is looking to hire new instructors to enhance our fitness program. If you are interested in becoming a member of our elite team of instructors, contact Elizabeth Williams at (858) 307-4669 for more information.



SCHEDULED UNIT PT

15 minimum, 24 hr notice required.
Call: (858)307-4669

Both our schedule and our instructors are subject to change.

No Classes: Holidays and Holiday Weekends.



Effective January 2025

No Federal Endorsement Implied.