



# fitness exercise training



mon	tue	wed	thu	fri
FS8 6:00-6:50 AM	FS8 6:00-6:50 AM	FS8 6:00-6:50 AM	FS8 6:00-6:50 AM	FS8 6:00-6:50 AM
FS8 7:00-7:50 AM	FS8 7:00AM-7:50 AM	FS8 7:00-7:50 AM	FS8 7:00-7:50 AM	FS8 7:00-7:50 AM
FS8 8:00-8:50 AM	<b>GX GENTLE YOGA</b> 9:00-9:45 AM	FS8 8:00-8:50 AM	<b>GX GENTLE YOGA</b> 9:00-9:45 AM	FS8 8:00-8:50 AM
<b>GX BASIC 101</b> 9:00-9:45 AM	<b>GX ZUMBA</b> 10:00-10:45 AM	<b>GX BASIC 101</b> 9:00-9:45 AM	<b>GX ZUMBA TONING</b> 10:00-10:45 AM	<b>GX PILATES</b> 9:00-9:45 AM
<b>GX BYOB</b> 10:00-10:45 AM	<b>GX-SPIN STUDIO</b> 11:00-11:30 AM	<b>GX ZUMBA</b> 10:00-10:45 AM	<b>GX SPIN STUDIO</b> 11:00-11:30 AM	<b>GX ZUMBA</b> 10:00-10:45 AM
FS8 11:00-11:50 AM	FS8 11:00-11:50 AM	FS8 11:00-11:50 AM	FS8 11:00-11:50 AM	FS8 11:00-11:50 AM
FS8 12:00-12:50 PM	<b>GX RESTORATIVE YOGA</b> 11:45-12:30 PM	FS8 12:00-12:50 PM	<b>GX RESTORATIVE YOGA</b> 11:45-12:30 PM	
		FS8 3:30-4:20 PM		
				<b>sat</b>
				FS8 8:00-8:50 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.

- Active Duty- Free
- Group Exercise classes \$45.00
- Single class fee \$6.00
- Group combo classes-\$65.00.
- Triple classes \$75.00
- Combo classes can be GX/FS8, GX/F45, F45/FS8
- Triple classes GX/FS8/F45

Starting in April, the Semper Fit center will be implementing a recurring billing payment system for our Group Exercise classes.

### 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.



# class descriptions

**BASIC 101** – “101” is a workout that incorporates purposeful movements and core centered strength, using weights, chair, and stability ball. Total body conditioning will challenge all aspects of your physiology while burning calories and building strength with stability.

**BYOB** – This is a fast-paced, barbell/dumb bell-based workout that’s specifically designed to help you get lean, toned and fit, scientifically proven moves to help you achieve these targets more quickly than you would working out on your own.

**GENTLE YOGA** – This is a variation of Hatha Yoga which is accessible to students of all levels. This practice is taken at a slow pace and incorporates modifications for each pose that promote bodily awareness. Coupled with breathwork and meditation.

**PILATES** – This is a mind, body, and spirit practice with benefits that include improved posture, better coordination and balance, increased lung capacity, improved concentration and focus, increased body awareness, stress management, and injury prevention. Practicing Mat Pilates helps build strong, balanced body and increases flexibility notice improvements in breathing, you only need your own body and a mat.

**RESTORATIVE I-REST YOGA** – This form of yoga stimulates the parasympathetic nervous system, which slows the heart rate, regulates the blood pressure and relaxes the body. As such, Restorative Yoga is considered particularly beneficial for those suffering from anxiety, insomnia or headaches, as well as other stress-related conditions. Restorative Yoga could just as easily be called “Mindful Yoga” due to the expanded awareness of self and body that comes through the practice of guided meditation.

**SPIN** – Ride through this 30-minute, High-Intensity Interval Training (HIIT) workout, using an indoor bike to achieve fast results. It’s a short, intense style of training where the thrill and motivation comes from pushing your physical and mental limits to get you Fitter, Faster and Stronger

**YOGA** – A system of breathing practices, postures and meditation intended to integrate the body and mind to restore flexibility.

**ZUMBA** – If you’re interested in getting fit through dancing, this is the class for you! Zumba is a fitness program that combines Latin and international music with dance moves. These dance routines incorporate interval training and alternating fast and slow rhythms, to help improve cardiovascular fitness.

**ZUMBA TONING** – This form of Zumba incorporates weighted toning sticks, this modality focuses on strength training the Abs, Arms and Thighs. The toning sticks functions like dumbbells to act as resistance weights while keeping the fun enjoyable workout of Zumba moves.



[miramar.usmc-mccs.org/semper-fit-center](https://miramar.usmc-mccs.org/semper-fit-center)



**FOR MORE INFORMATION, CONTACT:**

Elizabeth Williams, Group Exercise Program Coordinator (858) 307-4669

Effective October 14, 2024