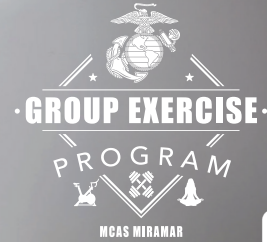


GX/FS8 Classes



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	FS8 STUDIO (FS8 REFORMER RESTORE EXPRESS) 8:00 AM-8:30 AM	FS8 STUDIO 8:00-8:50 AM	FS8 STUDIO (FS8 REFORMER RESTORE EXPRESS) 8:00 AM-8:30 AM	FS8 STUDIO 8:00-8:50 AM
GX STUDIO ZUMBA 09:00-09:45 AM	GX STUDIO GENTLE YOGA 9:00-9:45 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 STUDIO ZUMBA 10:00-10:45 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	GX SPIN STUDIO 11:00-11:30 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	FS8 STUDIO 11:00-11:50 AM	FS8 STUDIO 12:00-1:00 PM	GX SPIN STUDIO 11:00-11:30 AM	
FS8 STUDIO 3:30 PM-4:20 PM	GX STUDIO RESTORATIVE YOGA 11:45-12:30 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.

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

FOR MORE INFORMATION, CONTACT:

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

Semper Fit Center • Bldg. 2002 • (858)307-4654



Effective January 2025