SEMPER FIT CENTER PRESENTS

ICG® CONNECT

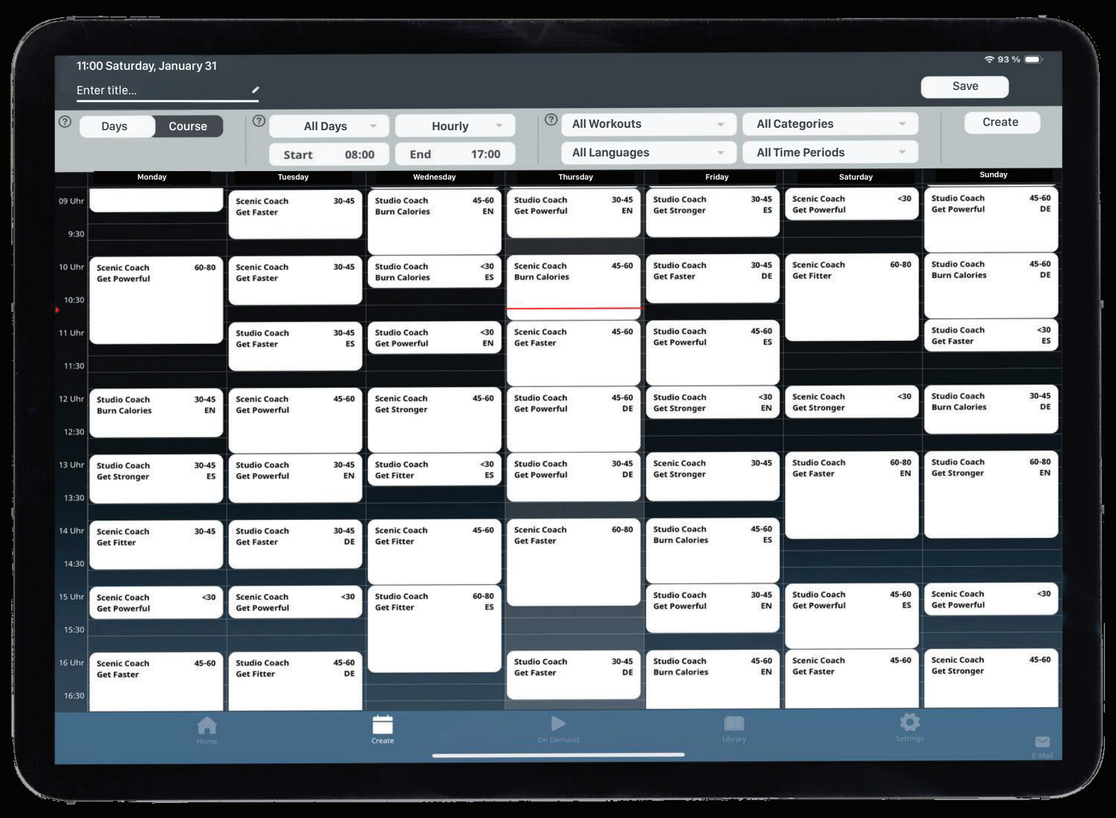
VIRTUAL CYCLING CLASSES





CLASS HIGHLIGHTS

- A variety of workouts including terrain-focused rides and scenic series
- Designed for all fitness levels
- Classes on Monday thru Thursday at 6:00am & 11:00am
- Wednesday at 5:30am (Active Duty only)
- All classes are 30 minutes



HOW TO JOIN

Eligible patrons must check in at the front desk. A staff member will direct you to the Spin Studio and assist with setup if needed.

Classes begin promptly, so please arrive on time. For more information, contact the Semper Fit Center at: 858-307-4654

GROUP EXERCISE PROGRAM
MCAS MIRAMAR

MCCS SEMPER FIT

NO FEDERAL ENDORSEMENT IMPLIED.

REVISED 2026 OCTOBER 01