SEMPER FIT CENTER PRESENT

ICG CONNECT COACH BY COLOR SPIN CLASSES



These classes are the new revolution in indoor cycling the focus is on

- POWER TRAINING
- HEART RATE
- CADENCE

Each participant will set up their FTP (Functional Threshold Power). FTP is used to personalize training zones for a more effective and customized workout experience, for more information call or come to the Semper Fit Center.

UNIT PT AVAILABLE BY REQUEST
72 HOUR NOTICE 15 MINIMUM TO SCHEDULE
EMAIL Miramar.GroupExercise@usmc-mccs.org
or call 858-307-4654 for more details

ICG®

·GROUP EXERCISE· PROGRAM MCAS MIRAMAR

MCCS SEMPER FIT

No federal endorsement implied.