

Semper Fit Center
GX Classes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		ICG CONNECT VIRTUAL CLASSES 5:30-6:00 AM (ACTIVE DUTY ONLY)		
ICG CONNECT VIRTUAL CLASSES 6:00-6:30 AM	**ICG CONNECT VIRTUAL CLASSES** 6:00-6:30 AM	**ICG CONNECT VIRTUAL CLASSES** 6:00-6:30 AM	**ICG CONNECT VIRTUAL CLASSES** 6:00-6:30 AM	
GX STUDIO BYOB 09:00-09:45 AM	**GX STUDIO SMARTFIT** 9:00-9:45 AM	**GX STUDIO BASIC 101** 9:00-9:45 AM	**GX STUDIO CHAIR YOGA** 9:00-9:45AM	**GX STUDIO PILATES** 9:00-9:45 AM
GX STUDIO GENTLE YOGA 10:00-10:45 AM	**GX STUDIO ZUMBA** 10:00-10:45 AM	**GX STUDIO ZUMBA** 10:00-10:45 AM	**GX STUDIO ZUMBA** 10:00-10:45 AM	**GX STUDIO ZUMBA** 10:00-10:45 AM
ICG CONNECT VIRTUAL CLASSES 11:00-11:30 AM	**ICG CONNECT VIRTUAL CLASSES** 11:00-11:30 AM	**ICG CONNECT VIRTUAL CLASSES** 11:00-11:30 AM	**ICG CONNECT VIRTUAL CLASSES** 11:00-11:30 AM	
	GX STUDIO RESTORATIVE YOGA 11:45-12:30 PM		**GX STUDIO RESTORATIVE YOGA** 11:45-12:30 PM	

****PLEASE ARRIVE 5 - 10 MINUTES PRIOR TO CLASS TO CHECK IN AT THE FRONT DESK TO REGISTER FOR CLASSES****

MONTHLY PASS PRICING
Group Exercise Studio Classes
Active Duty Free
Monthly Unlimited Membership - $45.00
- (rolling 30 days)

Drop in - $6.00
Combo with 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.

Both our schedule and our instructors are subject to change.

No Classes: Holidays and Holiday Weekends.

SCHEDULE UNIT PT / NEW INSTRUCTOR HIRE INQUIRY
Please e-mail us at:
Miramar.GroupExercise@usmc-mccs.org

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

miramar.usmc-mccs.org/semper-fit-center

GROUP EXERCISE PROGRAM
MCAS MIRAMAR

MCCS SEMPER FIT

ICG®

Revised 2026 October 2

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 ac hieve these targets more quickly than you would working out on your own.

CHAIR YOGA – This a general term for practices that modify yoga poses so they can be done while seated in a chair. These modifications make yoga accessible to people who cannot stand, lack the mobility to move easily from standing to seated to supine positions, or want a quick break from office work.

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.

GLUTES AND CORE – Strong glutes and a stable core are the foundation of every movement—from heavy lifting to distance running. Join us at the Semper Fit Center for this targeted workout designed to activate, strengthen, and tone your posterior chain and midsection. Using a variety of equipment and bodyweight movements, we’ll help you build the functional strength needed to perform at your peak. All fitness levels are welcome!

GROUP X SMART FIT – This workout is designed to boost cognitive flexibility while challenging your motor skills. It features interactive pods that enhance movement and encourage each participant to engage in a series of touch, play, and focus activities. The session also incorporates a variety of exercise drills, making the experience both fun and interactive.

ICG CONNECT – ICG Connect 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.

ICG CONNECT VIRTUAL CLASSSES-LED BY VIRTUAL INSTRUCTORS – A variety of 30 minutes workouts including terrain-focused rides and scenic series for all fitness levels.

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.

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.

MCCS SEMPER FIT

GROUP EXERCISE PROGRAM
MCAS MIRAMAR

ICG

SCHEDULE UNIT PT / NEW INSTRUCTOR HIRE INQUIRY

Please e-mail us at:
Miramar.GroupExercise@usmc-mccs.org

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

miramarusmc-mccs.org/semper-fit-center

Revised 2026 October 2

No Federal Endorsement Implied.