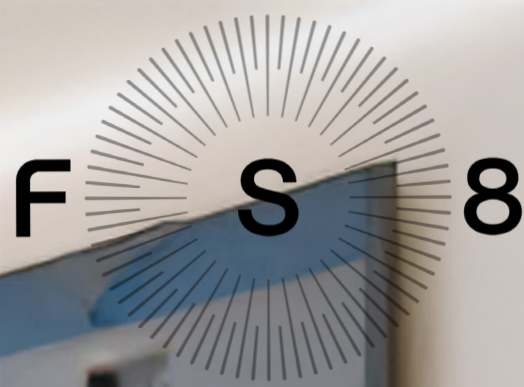


Semper Fit Center

GX/FS8 Classes



mon	tue	wed	thu	fri
FS8 REFORMX 6:00-6:50 AM	FS8 IGNITE 6:00-06:50 AM	Amplified Powerhouse 6:00-6:50 AM	FS8 Original 6:00-6:50 AM	FS8 REFORMX 6:00-6:50 AM
FS8 REFORMX 07:00-07:50 AM	FS8 IGNITE 7:00 AM-7:50 AM	Amplified Powerhouse 7:00-7:50 AM	FS8 Original 7:00-7:50 AM	FS8 REFORMX 7:00-7:50 AM
			FS8 Reformer Restore Express 8:00AM-8:30 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 CHAIR 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 REFORMX 11:00-11:50 AM	FS8 IGNITE 11:00-11:50 AM	Amplified Powerhouse 11:00-11:50 AM	FS8 Original 11:00-11:50 AM	FS8 REFORMX 11:00-11:50 AM
ICG Connect Virtual Classes 11:00-11:50 AM	ICG Connect 11:00-11:30 AM	ICG Connect Virtual Classes 11:00-11:30 AM	ICG Connect 11:00-11:30 AM	
	GX STUDIO RESTORATIVE YOGA 11:45-12:30 PM		GX STUDIO RESTORATIVE YOGA 11:45-12:30 PM	
ICG Connect Virtual Classes 12:00-12:50 AM		ICG Connect Virtual Classes 12:00-12:30 AM		
FS8 REFORMX 3:30 PM-4:20 PM		Amplified Powerhouse 3:30 PM-4:20 PM		
				sat
				FS8 IGNITE 8:00-08:50 AM
				FS8 IGNITE 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

FS8 Studio Classes
price increase effective 9/1/2025
(available on the app)

- Active Duty Free
- Monthly pass-\$50.00
- Late cancel-\$7.00
- No show fee-\$10.00
- Drop ins-\$10.00

Group Exercise Studio Classes must be
purchased the first week of the month.

- Active Duty Free
- Monthly-\$45.00
- 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.

SCHEDULE UNIT PT / NEW INSTRUCTOR
HIRE INQUIRY

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

Both our schedule and our instructors are
subject to change.

No Classes: Holidays and Holiday Weekends.



Revised 30 January 2026

No Federal Endorsement Implied.