MCCS SEMPER FIT

Semper Fit Center
Building 2002



FS8 Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 - 6:50 AM	6:00 - 6:50 AM	6:00 - 6:50 AM	6:00 - 6:50 AM	6:00 - 6:50 AM	
7:00 - 7:50 AM	7:00 - 7:50 AM	7:00 - 7:50 AM	7:00 - 7:50 AM	7:00 - 7:50 AM	
			8:00 - 8:30 AM FS8 Restore		8:00 - 8:50 AM
					9:00 - 9:50 AM
11:00 - 11:50 AM	11:00 - 11:50 AM	11:00 - 11:30 AM FS8 Reformer Express	11:00 - 11:50 AM	11:00 - 11:50 AM	
		11:30 AM - 12:15 AM FS8 Active Recovery Active Duty Only			
3:30 - 4:20 PM	3:30 - 4:20 PM	3:30 - 4:20 PM	3:30 - 4:20 PM		

CLASS NOTES

- Classes are held at the Semper Fit Center, Bldg. 2002.
- Reserve your spot from MindBody x FS8 App.
- Active-duty patrons must activate membership with an FS8 Trainer.
- Must sign up with FS8 trainer for Monthly passes.
- No Classes on Holidays and Holiday Weekends.
- Classes with fewer than six registered participants will be canceled at least 24 hours before the scheduled class time and will no longer appear on the FS8 Mindbody app.

More information please contact us at 858-307-4654.

MONTHLY PASSES

FS8 Unlimited $50
FS8 x GX Unlimited $65
FS8 x F45 Unlimited $65

PRICING

Active Duty Free
Drop In $10
Late Cancel $7
No-Show Fee $10

Schedule Unit PT / New Instructor Hire Inquiry

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

Revised 26 October 2026

Download the Mindbody x FS8 app

Scan to book classes and manage reservations.

Apple App Store

Google Play Store

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No federal endorsement implied.



FS8 Original

FS8 Original is a program meticulously designed to harmonize traditional principles with modern innovation. This class type includes workouts that honor the traditional pilates principles while integrating a contemporary twist. This class type is perfect for members who are seeking an all-encompassing workout that strengthens the mind and body.

FS8 Ignite

FS8 Ignite is a dynamic program designed to sculpt your physique and improve cardiovascular health. This class type includes workouts that are focused on elevating the heart rate, and targeted bursts on specific body parts to improve stamina and increase calorie burn. The ignite workouts can also focus on resistance, challenging spring tension, and using our resistance-based props like dumbbells to develop lasting strength and improve functional movement.

FS8 ReformX

FS8 ReformX is our Reformer only workout which will blend the original repertoire with our contemporary exercises for a perfectly FS8 style flow. Members will flow through exercises on the reformer with seamless transitions focusing on their precision and control. This class may also include the use of our small props like the Chi Ball and Pilates Ring.

FS8 Reformer Restore

Time to unwind and recharge with FS8 Reformer Restore. This session is designed to help you reset and prioritize balance in your workout schedule, focusing on mobility, control, and flexibility. What to expect: Utilizing the reformer for resistance and support, along with mat restorative work, we gently lengthen and mobilize your muscles and joints. Through stretching, you'll reduce tightness, increase flexibility, and support your body's recovery.

FS8 Amplified

Advanced Class. Amplified is a low-impact, advanced workout designed to help you take your strength to the next level. Through controlled, dynamic movements, this session builds strength, stability, and precision. With mindful pacing and progressive sequences, you'll develop muscular endurance, improve control, and feel stronger with every session.

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