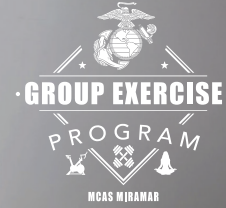


Semper Fit Center GX/FS8 Classes



mon	tue	wed	thu	fri
FS8 STUDIO 6:00-6:50 AM	FS8 STUDIO 6:00-6:50 AM GX SPIN STUDIO 6:00-6:30AM	FS8 STUDIO 6:00-6:50 AM	FS8 STUDIO 6:00-6:50 AM GX SPIN STUDIO 6:00-6:30AM	FS8 STUDIO 6:00-6:50 AM
FS8 STUDIO 07:00-07:50 AM	FS8 STUDIO 7:00 AM-7:50 AM	FS8 STUDIO 7:00-7:50 AM	FS8 STUDIO 7:00-7:50 AM	FS8 STUDIO 7:00-7:50 AM
FS8 STUDIO 08:00-08:50 AM	FS8 STUDIO 8:00 AM-8:50 AM	FS8 STUDIO 8:00-8:50 AM	FS8 YOGA RESTORE 8:00AM-8:30 AM	FS8 STUDIO 8:00-8:50 AM
GX STUDIO ZUMBA 09:00-09:45 AM	GX STUDIO CHAIR 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 STUDIO 11:00-11:50 AM	FS8 STUDIO 11:00-11:50 AM GX SPIN STUDIO 11:00-11:30 AM	FS8 STUDIO 11:00-11:50 AM	FS8 STUDIO 11:00-11:50 AM GX SPIN STUDIO 11:00-11:30 AM	FS8 STUDIO 11:00-11:50 AM
	GX STUDIO RESTORATIVE YOGA 11:45-12:30 PM		GX STUDIO RESTORATIVE YOGA 11:45-12:30 PM	sat
FS8 STUDIO 3:30 PM-4:20 PM		FS8 STUDIO 12:00-12:50 AM FS8 STUDIO 3:30-4:20 PM		FS8 STUDIO 8:00-08:50 AM FS8 STUDIO 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.



Effective September 2025

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

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.

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.

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.

POWER YOGA – Power Yoga is a fast-paced Vinyasa-style yoga It emphasizes dynamic movement over meditative movement. Power yoga focuses on finding balance through controlled movements and breathwork while building physical and mental resilience. It combines the traditional elements of yoga with the strength-building aspects of a more intense workout

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.

YOGA – A system of breathing practices, postures and meditation intended to integrate the body and mind to restore flexibility.

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 training the Abs, Arms and Thighs. The toning sticks functions like dumbbells to act as resistance weights while keeping the fun enjoyable workout of Zumba moves.



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



FOR MORE INFORMATION, CONTACT:

Elizabeth Williams, Group Exercise Program Coordinator (858) 307-4669

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

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