

**FALL  
2020**

BARBER PHYSICAL ACTIVITY CENTER  
**GROUP EXERCISE  
SCHEDULE**

**November 1 - December 18**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**EARLY MORNING UNIT PT'S IN CYCLE OR FITNESS CLASSES NOT ON THE SCHEDULE CAN BE ARRANGED 36 HOURS IN ADVANCE BY CALLING 703.784.2339 OR 703.432.0590 or email: BPACregistration@usmc-mccs.org. Cycle Unit PT's must be for a minimum of four and a maximum of 12 people. All other fitness classes must be for a minimum of four and a maximum of 17 people.**

6:00 AM	Spin Cycle		Spin Cycle		Spin Cycle	
11:30 AM	Yoga Spin Cycle	B.E.S.T. Spin Cycle	Yoga Spin Cycle	Cardio Barre Spin Cycle	Spin Cycle Plus	
5:00 PM	Spin Cycle		Spin Cycle	<b>NO REGULARLY SCHEDULED CLASSES</b> Nov 11, & 25-28 *Classes in Group Exercise room end Dec 16 *Classes in Spin Room end Dec 18		
6:00 PM	Zumba	Zumba	WERQ			

**SPIN CYCLE CLASS RULES**

- Limit of **12 participants** per class
- Tickets will be distributed 30 minutes before class, but entry into the class will be 15 minutes before start time.
- Ticket numbers will match your assigned bike
- Use only your assigned bike, unless you agree to a mutual trade with another participant
- Face coverings **must be worn** at the beginning and end of class
- Face coverings **cannot** be removed until everyone is set-up on their bikes and instructor announces class can begin
- If you need to get off your bike and move around the room, your face covering must go back on
- Participants must thoroughly clean their bikes at the end of class
- Participants **must** bring their own towel

**GROUP EXERCISE CLASS RULES**

- Limit of **17 participants** (12 for Zumba)
- Tickets will be distributed up to one hour before class, **one** per person
- Face coverings **must be worn upon entering** the room until everyone is set-up and instructor announces class will begin
- Choose an "X" on the floor to set up
- If for any reason you must leave your exercise space, (leave the "X"), you must wear the face covering
- Face coverings must be worn at the end of class while cleaning and storing equipment
- Participants must thoroughly clean **all** equipment used during the class
- **No** yoga mats will be provided, you must bring your own mat
- Participants **must** bring their own towel

FOR MORE INFORMATION, CALL 703.784.2339



quantico.usmc-mccs.org  
 facebook: quanticomccs  
 twitter: @mcsquantico  
 instagram: mcsquantico  
 reddit: mcsquantico

Working out with a group provides extra motivation, camaraderie, and fun. Our wide variety of classes are great for beginners to advanced exercisers. All of our classes are conducted by certified instructors.

**IN THE EVENT THAT AN INSTRUCTOR IS NOT AVAILABLE, A WELLBEATS VIDEO CLASS WILL BE USED FOR INSTRUCTION.**

### **B.E.S.T.**

#### **(BASIC ENDURANCE STRENGTH TRAINING):**

This class emphasizes the development of strength and functional conditioning with traditional weight-lifting exercises primarily using barbells and dumbbells. The training goal is to build long, lean, stronger muscles focusing on the endurance end of resistance training for a full body workout each class. Designed for all fitness levels.

### **CARDIO BARRE**

With a combination of functional strength, dance, pilates, and yoga, bodyweight is used as a resistance to focus on alignment and optimal posture while enhancing body awareness, coordination, balance, and overall strength. There are also moves that will increase heart rate adding a cardio component to the class.

### **MIXXEDFIT**

A people-inspired fitness program that combines explosive dance movements with bodyweight toning. Choreography is repetitive and easy to follow to all genres of music including Hip Hop, Rock, Reggae, and Top 40 so you can concentrate on moving and getting a great workout.

### **SPIN CYCLE**

An indoor group bicycling class designed for all fitness levels. This high cardio workout challenges leg endurance without the impact on the joints.

### **SPIN CYCLE PLUS**

Our Spin Cycle class for 45 minutes followed by 15 minutes of strength, core, and stretching off the bike.

### **WERQ**

Build cardiovascular endurance and strengthen your heart muscle dancing to today's hottest Top 40 Pop, Rock, and Hip Hop music! WERQ up a sweat on the dance floor to all your favorite charting hits!

**MCCS encourages and supports the participation of individuals of all abilities in its programs and facilities. Ages 16 and up may participate in all of our classes. Ages 14-15 can participate when directly supervised by a legal guardian who is participating in the class also. Please call if you need a reasonable accommodation to fully participate.**

### **YOGA**

Achieve physical, emotional, and spiritual well-being while strengthening your body. Yoga is a great way to manage stress and improve physical imbalances in the body.

### **ZUMBA**

A "fitness party" that fuses Latin rhythms and fitness moves with international music in fun, choreographed routines.

## **WELLBEATS IS "FITNESS ON DEMAND"**

There are two different kiosks available for workout videos in a program called WellBeats. During unscheduled time slots, you can request to use the WellBeats program. However, **ALL WELLBEATS CLASSES MUST END 30 MINUTES BEFORE THE START OF A SCHEDULED CLASS.** Choose from a variety of programs such as kickboxing, step, sports interval training, strength training, indoor cycling, and yoga/pilates fusion classes. You can choose a class for 20 minutes, 35 minutes, or 50 minutes.

For specific descriptions of the classes, please visit [quantico.usmc-mccs.org](http://quantico.usmc-mccs.org). WellBeats virtual classes are **FREE** to all authorized users.

### **TO TAKE A WELLBEATS CLASS:**

Report to the front desk Fitness Center Attendant to sign-in and gain access to the room.

### **COST:**

- Active Duty & Reservists **FREE**
- Family members & Retirees \$25 per month
- DoD Civilians \$35 per month
- Daily drop-in \$5 per class/pro-rated fees not available
- Contractor fees:
  - Monthly pass (to use facility) \$40
  - Group Exercise \$40
  - Monthly pass group exercise \$60

**Please see front desk for payment information.**