

# BARBER PHYSICAL ACTIVITY CENTER GROUP EXERCISE SCHEDULE



MAY - JUNE

**FACE COVERINGS MUST BE WORN AT ALL TIMES.**

UNIT PT'S FOR AT LEAST 4 PEOPLE IN CYCLE OR FITNESS CLASSES NOT ON THE SCHEDULE CAN BE ARRANGED 36 HOURS IN ADVANCE BY CALLING 703.784.2339 OR 432.0590 or email BPARegistration@usmc-mccs.org. Limit of 12 for cycle and 17 for all other fitness classes.

\*Class schedule ends June 30. NO CLASSES will be offered July 1-5. Look for the Summer Schedule that starts on July 6.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	SPIN CYCLE		SPIN CYCLE			
9:15 AM	B.E.S.T.				B.E.S.T.	8:15-9:15 AM SPIN CYCLE
11:30 AM	SPIN CYCLE ..... YOGA	B.E.S.T. ..... SPIN CYCLE	INSANITY & ..... MORE SPIN CYCLE	CARDIO BARRE ..... SPIN CYCLE	SPIN CYCLE	9:30-10:30 AM SATURDAY SCRAMBLE
5:00 PM	SPIN CYCLE		SPIN CYCLE	<b>SPECIAL EVENTS</b> MAY 4: "May the Fourth Be with You" Cycle Class 11:30 AM - 12:30 PM JUNE 21: "Hello Summer" Yoga Class 11:30 AM - 12:30 PM		
6:00 PM		ZUMBA	WERQ			

## CLASS RULES

### 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
- 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
- Choose an "X" on the floor to set up
- Participants must thoroughly clean **all** equipment used during the class
- Participants **MUST** bring their own towel

FOR MORE INFORMATION, CALL 703.784.2339



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

### **INSANITY & MORE**

Insanity is a popular class on video but now experience it live! This class includes total-body conditioning, complete with high intensity, cardio moves for an aerobic endurance, plyometrics for power, bodyweight strength moves, agility drills, and a focus on core strength. This class will go beyond Insanity by offering more with exercises using different equipment to add variety to the workout. This class is appropriate for all abilities.

### **SATURDAY SCRAMBLE**

Get ready to really scramble up your Saturday choices with different classes each Saturday. Variety can open up possibilities and keep interest high and boredom low:

**May 1: Yoga**

**May 8: B.E.S.T.**

**May 15: WERQ**

**May 22: Zumba**

**May 29: NO CLASS**

**June 5: Yoga**

**June 12: WERQ**

**June 19: B.E.S.T.**

**June 26: Zumba**

### **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.

### **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!

### **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.**

**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.**