

2019

GROUP EXERCISE SCHEDULE

JUN 16 - AUG 31

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
0600	Spin Cycle	Spin Cycle B.E.S.T.	Spin Cycle	Spin Cycle	Spin Cycle	Spin Cycle 0815-0915
0915	B.E.S.T.	Barre Fight	Zumba/ CizeLive!		B.E.S.T.	B.E.S.T. 0930-1030
1130	Spin Cycle Yoga	Yoga B.E.S.T. Spin Cycle	Spin Cycle	Yoga Cardio Barre Spin Cycle	Spin Cycle Plus	
1700	Spin Cycle	Yoga B.E.S.T.	Spin Cycle Plus	Yin Yoga B.E.S.T.		
1805	Zumba	Zumba		Zumba		

SPECIAL EVENTS

SELFIE SUMMER IN GROUP EX
June 21 - August 31

YOGA SUP
July 9 & 30, 6-7 PM
August 6 & 27, 6-7 PM

FAMILY GLOW ZUMBA
Thursday, July 25, 6-7 PM

INTERNATIONAL GX SAMPLER
Wednesday, August 14, 6-7 PM

FULL CLASS DESCRIPTIONS BELOW

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

No regularly scheduled classes on July 3-6.
Barber Physical Activity Center • 2073 Barnett Avenue, MCB Quantico
703.784.2339/3780 | quantico.usmc-mccs.org

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 and equipment is provided.

B.E.S.T. (BASIC ENDURANCE STRENGTH TRAINING)
This class emphasizes the development of strength and functional conditioning with traditional weightlifting exercises primarily using barbells and dumbbells. The 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.

BARRE FIGHT
Fuses pilates, strength training, kickboxing and yoga for all bodies and fitness levels. You will get an awesome cardio and strengthening workout with amazing results while having a ton of fun.

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.

CIZELIVE!®
Burn some serious calories in this class with professionally choreographed dance routines created by choreographer and fitness trainer, Shaun T. The class breaks down dance routines step-by-step, so that anyone can dance!

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
This class has an added core/strength format to it for an overall cardio and strength workout. Spin Cycle will be approximately 45 minutes, followed by 15 minutes of strength, core, and stretching off the bike.

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.

YIN YOGA
This style of yoga restores the body by using a slow pace and holding the poses for longer periods of time. It is a great way to unwind and allow for joints and connective tissue to lengthen and relax.

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 workouts to 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 our website at quantico.usmc-mccs.org. WellBeats virtual classes are free to all authorized users. Participants must follow the instructions of the video and not use the room for your own un-instructed workout.

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. Please call if you need a reasonable accommodation to fully participate.

