

# 2019

# GROUP EXERCISE SCHEDULE

7 JAN - 30 MAR



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
0600	Spin Cycle	Spin Cycle B.E.S.T.	Spin Cycle	Spin Cycle B.E.S.T.	Spin Cycle	Spin Cycle 0815-0915
0915	B.E.S.T.	Barre Fight	Zumba/ CizeLive!	Barre Above	B.E.S.T.	B.E.S.T. 0930-1030
1130	Spin Cycle 21 SaluteFit	Yoga B.E.S.T. Spin Cycle	21 SaluteFit Spin Cycle	Yoga Tabata and AbLab Spin Cycle	Spin Cycle Plus	Zumba or WERQ 1030-1130
1700	Spin Cycle	Yoga B.E.S.T.	Spin Cycle Plus	Yin Yoga B.E.S.T.		
1805	Zumba	Zumba	WERQ (1800)	Zumba		

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

*Class schedule will be changed for the GX Sampler on 26 Jan. No regularly scheduled classes on 21 Jan, 18 Feb, and NO Spin Cycle on 2 Mar.*

Barber Physical Activity Center • 2073 Barnett Avenue, MCB Quantico  
703.784.2339/3780 | [quantico.usmc-mccs.org](http://quantico.usmc-mccs.org)

## SPECIAL EVENTS

### SUPER CYCLE

4 Jan & 18 Feb, 0915-1115

### INDOOR ROWING CLINIC

Wed, 16 Jan, 1700-1800

Wed, 30 Jan, 1100-1200

### YOGA FOR BACK PAIN

Wed, 23 Jan, 1700-1800

### GX SAMPLER

Sat, 26 Jan, 0815-1200

### SLEEP AND YOGA

Wed, 13 Feb, 1700-1800

### SPINNING INSTRUCTOR COURSE

Sat, 2 Mar

### MARDI GRAS DANCE

### FITNESS PARTY

Tue, 5 Mar, 1800-1930

FULL CLASS DESCRIPTIONS  
ON BACK



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.

## 21 SALUTEFIT

Salute your body, salute your service. 21 SaluteFit blends 21 ever-changing Sun Salutations with varied props, dynamic moves and balance combinations. Multiple levels allow accessibility to all. 21 SaluteFit is designed to boost military fitness readiness.



## 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 ABOVE

Combinations of traditional ballet barre exercises with options for Pilates, yoga, high-intensity and strength training to accommodate a wide range of fitness levels for an effective workout.

## 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.

## 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.

## TABATA AND ABLAB

This class will start with intense timed intervals of exercises, called Tabata, followed by a core workout for the abs and back. Tabata is exercise performed for 20 seconds, followed by 10 seconds of rest, repeated 8 times for a total of 4 minutes of work. Burn calories and improve your core strength in one class.

*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.*

## 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.

## 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!"

## 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](http://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.

WellBeats Virtual Classes are free to all authorized patrons. Participants must follow the instructions on the video. The room can NOT be used for your own instructed workout.

### 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,
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