

SEPTEMBER 7 - OCTOBER 30
BARBER PHYSICAL ACTIVITY CENTER

FALL **GROUP EXERCISE**
SCHEDULE

FACE COVERINGS MUST BE WORN AT ALL TIMES.

Unit PTs must have a minimum of four participants and be scheduled at least 36 hours in advance by calling 703.784.2339 or emailing BPACregistration@usmc-mccs.org.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	SPIN CYCLE		SPIN CYCLE	YOGA	SPIN CYCLE	8:15-9:15 AM SPIN CYCLE
9:15 AM	CARDIO STRENGTH				B.E.S.T.	9:30-10:30 AM SATURDAY SCRAMBLE
11:30 AM	YOGA SPIN CYCLE	B.E.S.T. SPIN CYCLE	YOGA SPIN CYCLE	CARDIO BARRE SPIN CYCLE	SPIN CYCLE	
5:00 PM	SPIN CYCLE		SPIN CYCLE	SPECIAL EVENTS SEPTEMBER 18: National Dance Day Fitness Jam 9:30-11:00 AM OCTOBER 30: Spooky Spin Cycle 8:15-9:15 AM Zany Zumba 9:30-10:30 AM		
6:00 PM		CARDIO STRENGTH	WERQ			

FOR MORE INFORMATION, CALL 703.784.2339 OR 432-0590



quantico.usmc-mccs.org
 quanticomccs @mccsquantico
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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.

CARDIO STRENGTH

A class that will include a great cardio workout in the form of kickboxing, step aerobics and more, along with some weightlifting to give you a total body workout.

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. All classes are from 9:30-10:30 AM.

September 11 | B.E.S.T.

September 18 | 9:30-11:00 | Dance Fitness Jam

September 25 | Yoga

October 2 | Zumba

October 9 | Yoga

October 16 | WERQ

October 23 | B.E.S.T.

October 30 | 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 is one kiosk 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. 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:
 1. Monthly pass (to use facility) \$40
 2. Group Exercise \$40
 3. 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.