

MARCH 4 - APRIL 27



SPRING

GROUP EXERCISE SCHEDULE

BARBER PHYSICAL ACTIVITY CENTER

UNIT PT'S FOR AT LEAST EIGHT 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 BPACregistration@usmc-mccs.org.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	SPIN CYCLE	B.E.S.T.	SPIN CYCLE	B.E.S.T.	SPIN CYCLE	SPIN CYCLE (8:15-9:15 AM)
9:00 AM						AIKIDO (9-10 AM)
11:30 AM	YOGA SPIN CYCLE	B.E.S.T. SPIN CYCLE	STRETCH N CORE SPIN CYCLE	CARDIO BARRE SPIN CYCLE	SPIN CYCLE	ZUMBA or YOGA (9:30-10:30 AM)
4:00 PM	AIKIDO (MAT ROOM)		AIKIDO (MAT ROOM)	SPECIAL EVENTS MARCH 15: Shamrockin' Cycle Class 11:30 AM - 12:30 PM MARCH 16/ APRIL 6: Yoga 9:30-10:30 AM APRIL 3: Family Obstacle Course 4:30 PM APRIL 12: "Spin Against Sexual Assault" Spin Class 11:30 AM and 1:30 PM		
5:00 PM	SPIN CYCLE					

FOR MORE INFORMATION, CALL 703.784.2339 OR 432-0590



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.

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.

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.

FUNCTIONAL STRETCHING AND CORE

Combines moves from Yoga, Pilates, basic fitness practices, and other disciplines for a class that will help improve mobility, mental stress, and provide recovery from the physical challenges of our computer-oriented society.

AIKIDO

A form of Martial Arts that focuses on self defense and blending with an attacker’s movements. Aikido is a great venue for improving flexibility, strength, and cardio. This class is open to all participants regardless of their level of experience. Class has an emphasis on technique and practical application.

Fee per month is \$65.00

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.