

2025

RKB

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

11:00 AM

EXTREME
STEP

12/12:30 PM

MOBILITY
CORE

12:00 PM

PUMP IT

HIIT

BOOTCAMP

GROUP FITNESS SCHEDULE

FOR MORE INFO, CALL
571.305.4581



MC&CS
QUANTICO

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.

**B.E.S.T.
(BASIC ENDURANCE STRENGTH TRAINING)**

This class emphasizes the development of strength and functional conditioning with traditional weightlifting exercises, building longer, leaner, and stronger muscles.

BOOT CAMP

This no nonsense high intensity workout combines strength, endurance, and power. Join us for the challenge!

CORE N' MORE

This 30 minute class is core training at its best and a little more! Whittle your middle by focusing on abs, back, thighs and glutes!

EXTREME STEP

Get your dance on to this choreographed high energy step aerobics class that not only gets your heart rate pumping but focuses on cardio endurance and functional movement.

HIIT (HIGH INTENSITY INTERVAL TRAINING)

This class is intensity training at its finest as you improve your aerobic base and burn body fat! We will push you to your limit!

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.

Every 4th Monday at 12 PM

PUMP IT

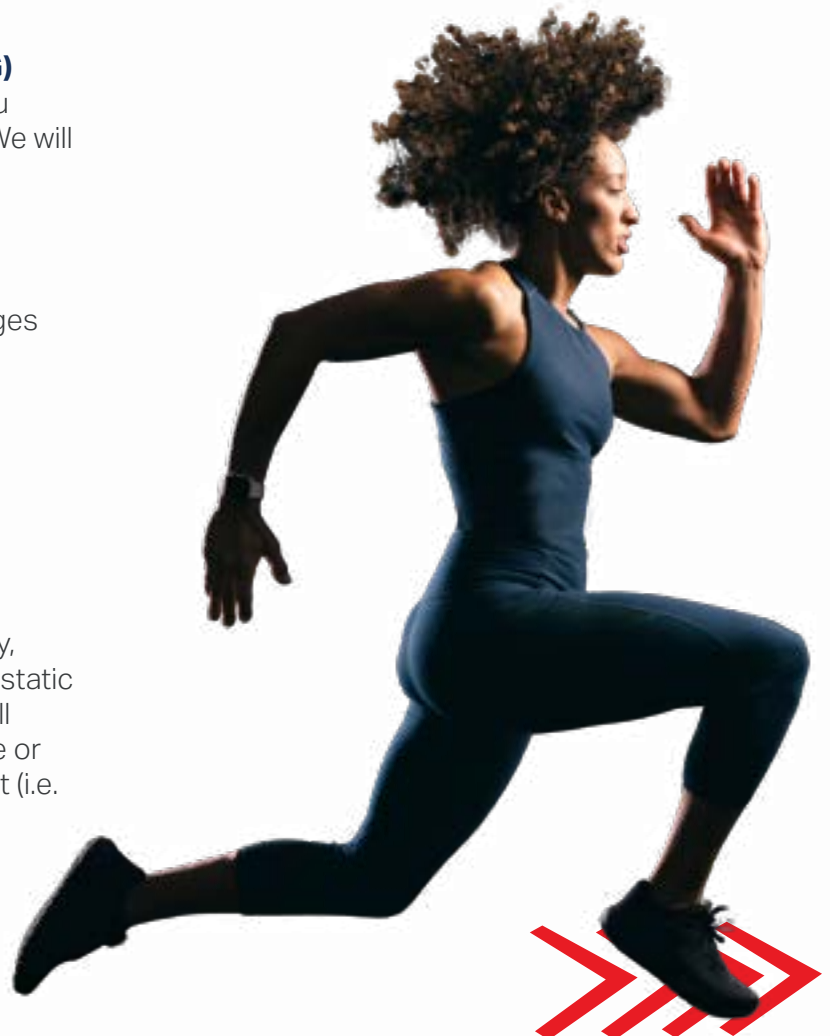
This full body workout with choreographed movements using light weights.

MOBILITY

This 30-minute class will increase your flexibility, range of motion, stabilization, and posture with static and dynamic stretching. This class is ideal for all bodies - either to compliment a workout routine or to help release the body from lack of movement (i.e. sitting at a desk all day).

**CALL 571.305.4581 OR STOP BY THE RKB
FITNESS CENTER TO SIGN UP TODAY!**

MON	6:00 AM - 6:00 PM
TUE	6:00 AM - 6:00 PM
WED	6:00 AM - 6:00 PM
THU	6:00 AM - 6:00 PM
FRI	6:00 AM - 6:00 PM
SAT	CLOSED
SUN	CLOSED



MCCS encourages and supports the participation of individuals of all abilities in its programs and facilities.