

JANUARY 6 - MARCH 29

WINTER

GROUP EXERCISE SCHEDULE

BARBER PHYSICAL ACTIVITY CENTER

No Regularly scheduled classes on Federal Holidays: Jan 20, Feb 17. Power outage Jan 11
 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	TAI CHI	SPIN CYCLE	CIRCUIT INTERVALS	SPIN CYCLE	8:15-9:15 AM SPIN CYCLE
11:30 AM	YOGA	B.E.S.T	YOGA	B.E.S.T		9:30 - 10:30 AM Dance Fitness or Yoga (see dates on back)
11:30 AM	SPIN CYCLE	SPIN CYCLE	SPIN CYCLE	SPIN CYCLE	SPIN CYCLE	
5:00 PM	SPIN CYCLE			SPECIAL EVENTS FEBRUARY 1: Group Ex Sampler 9:30 AM - 12:00 PM MARCH 14: Shamrock Cycle 11:30 AM - 12:30 PM See back for full description of classes.		
6:00 PM		YOGA	DANCE FITNESS			

FOR MORE INFORMATION, CALL 703.784.2339 OR 432-0590



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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):

Basic Endurance Strength Training is an engaging weightlifting class to the beat of music. 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.

CIRCUIT INTERVALS

Alternate a cardio exercise with strength and functional moves utilizing various equipment for a great workout that can be tailored to any level or ability.

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.

DANCE FITNESS

Move to different choreographed routines in different dance-based fitness formats to include Zumba, Mixed Fit and Line Dancing

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.

TAI CHI

An ancient form of training that uses gentle and flowing movements accompanied with deep breathing and mindfulness to help release tension and benefit the mind with keen awareness and balance.

GROUP EXERCISE ROOM USAGE

During times when no classes or reservations are using the room, you can do a workout in the room. Sign in and out at the front desk to gain access and read the usage policy.

AIKIDO

The Aikido class is a separate class from our regular GX offerings. The class will focus on basics of Aikido and Martial Arts in general. Adults ages 18 and up can participate. The fee per month for three classes a week on Mon and Wed 4-5:30pm and Sat 9-10am is \$65.00. Aikido focuses on self defense blended with an attacker's movements to improve flexibility, strength and cardio. Class emphasizes technique and practical application.

DANCE FITNESS/YOGA SCHEDULE:

Saturday 9:30-10:30 AM (subject to change)

Jan 18-Dance Fitness

Jan 25-Yoga

Feb 1- Sampler

Feb 8-Yoga

Feb 15-Dance Fitness

Feb 22-Yoga

Mar 1-Dance Fitness

Mar 8-Yoga

Mar 15-Dance Fitness

Mar 22-Yoga

Mar 29-Dance Fitness

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.