

MARCH 31 - JUNE 28



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		SPIN CYCLE			DANCE 9:00 AM
11:30 AM	YOGA	B.E.S.T.	YOGA	B.E.S.T		YOGA 10:00 AM
11:30 AM	SPIN CYCLE	SPIN CYCLE	SPIN CYCLE	SPIN CYCLE	SPIN CYCLE	
5:00 PM	YOGA			SPECIAL EVENTS APRIL 23: Family Circuit Scavenger Hunt 4:30 PM - 5:30 PM See back for full description of classes.		
6:00 PM			DANCE			

NO REGULARLY SCHEDULED CLASSES MAY 23-26, JUNE 19-21

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):

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 class will include exercises for every major muscle group with high repetitions to encourage strength endurance. Designed for all fitness levels.

DANCE FITNESS

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

SPIN CYCLE

An indoor bicycle class designed for all fitness levels that is a great cardio workout without impact on the joints. Uphill climbs, bursts of speed and short recovery periods will challenge participants looking for a way to work up a sweat and get a serious leg workout too!

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. In addition to physical improvements in flexibility, strength and pain management, there is evidence that Tai Chi improves sleep and reduces depression and anger. IF YOU ARE INTERESTED IN A TAI CHI CLASS, PLEASE ADD YOUR NAME TO OUR INTEREST LIST AT THE FRONT DESK.

YOGA

Achieve physical, emotional, and spiritual well-being while strengthening your body. Yoga classes combine postures, breathing practices, stretching, as well as strength to improve physical, emotional and spiritual wellness. Mats are provided or bring your own.

AIKIDO

The Aikido class is a separate class from our regular Group Exercise 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 attackers' movements to improve flexibility, strength and cardio. Class emphasizes technique and practical application.

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.

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

*Fees are prorated after the 15th of the month:

Family Members and Retirees: \$18

DoD Civilians: \$25

- Daily drop-in \$5 per class

• 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.