

Group Fitness Schedule December 2021

Age restrictions: Ages 12-17 are able to attend group fitness classes under the direct supervision of a parent or legal guardian.

Typhoon policy: All classes are cancelled upon designation of Tropical Cyclone Condition of Readiness 1 (TCCOR-1). Classes resume at TCCOR All Clear once gyms have reopened.

Schedule is subject to change. Updates can be found at <https://www.facebook.com/mccsokinawa.semperfit> or <https://www.mccsokinawa.com/groupfitness>. For further information call MCCS Health Promotion at 645-3910.

ALL CLASSES CANCELLED: 24-27th December

KINSER FITNESS CENTER: 637-1114

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Cycle 0600-0700 Haley		
AMPD Strength 1130-1230 Ashley	Cycle 1130-1230 Haley		Yoga 1130-1230 Anacani	MixedFit® 1130-1230 Naoko	
Prenatal Yoga 1800-1900 Anacani		MixedFit® 1800-1900 Naoko			

FUTENMA MCCUTCHEON GYM: 636-3241

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Yoga (MA) 1130-1230 Katie		Vinyasa Yoga (MA) 1130-1230 Rumi		Yoga (MA) 1130-1230 Katie	

FOSTER GUNNERS FITNESS CENTER: 645-3050

FOSTER 50m POOL: 645-2211

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Functional Strength 0530-0630 Amanda				
Yoga 0830-0930 Katie				Vinyasa Yoga 0830-0930 Rumi	
Strength/Cardio 1000-1100 Miki	Zumba® Step 1000-1100 Chika	Zumba® 1000-1100 Muay/Sub	Zumba 1000-1100 Miki	Zumba® 1000-1100 Muay/Sub	MixedFit® 0945-1045 Naoko
	Cycle (SP) 1130-1230 Kim	Cycle (SP) 1130-1230 Steven	Cycle (SP) 1130-1230 Kim		
Body Blast 1130-1230 Muay/Sub	Vinyasa Yoga 1130-1230 Katie	Prenatal Yoga 1130-1230 Anacani	Yoga 1130-1230 Katie	Functional Strength 1130-1230 Amanda	
Cycle (SP) 1700-1800 Kathleen	Body Blast 1700-1800 Muay/Sub				
Vinyasa Yoga 1745-1900 Rumi			Cycle (SP) 1730-1830 Kim		
MixedFit® 1930-2030 Marie	Zumba® 1830-1930 Mika	Strong Nation® 1900-2000 Mika	Zumba Toning® 1830-1930 Chika		

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COURTNEY IRONWORKS GYM: 622-9221

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Functional Strength 0530-0630 Amanda	
Zumba Toning® 0930-1030 Karen	Strength & Cardio 0900-1000 Miki		Functional Strength 0930-1030 Kelly	Functional Strength 0930-1030 Kelly	
		Zumba Step® 1000-1100 Chika			
Cycle 1130-1230 Jess	Functional Strength 1130-1230 Amanda		Zumba Toning® 1130-1230 Karen	Cycle 1130-1230 Alana	
	MixedFit® 1730-1830 Marie		MixedFit® 1730-1830 Marie		

HANSEN HOUSE OF PAIN: 623-4831

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Yoga 1130-1230 Mariana	Zumba® 1130-1230 Karen	Cycle 1130-1230 Dane	Yoga 1130-1230 Mariana		

SCHWAB POWERDOME: 625-2618

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				Yoga (MA) 1130-1230 Mariana	

All classes are in the Aerobics Room unless otherwise noted by ():

SP: Spin room MA: Martial Arts Room

PLEASE ARRIVE NO EARLIER THAN 15 MINUTES PRIOR TO THE START OF CLASS

Inclusion Statement: We encourage and support the participation of individuals of all abilities. Please call MCCS Health Promotion at 645-3910 or email mccshealthpromotions@okinawa.usmc-mccs.org if you need any assistance or require an accommodation.

COVID Disclaimer: By attending class, you understand and expressly acknowledge that an inherent risk of exposure to COVID-19 exists in any public place where people are present. In attending the event, you and any guests voluntarily assume all risks related to exposure to COVID-19, and waive, release, and discharge MCCS or any of their affiliates, directors, officers, employees, agents, contractors, or volunteers from any and all liability under any theory, whether in negligence or otherwise, for any illness or injury.