

Group Fitness Schedule

May 2022

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.

CLASSES CANCELLED: MEMORIAL DAY MONDAY, 30 MAY 2022

FOSTER GUNNERS FITNESS CENTER: 645-3050

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Functional Strength 0530-0630 Amanda	Cycle (SP) 0530-0630 Caroline			
Yoga 0845-0945 Katie	Yoga 0845-0945 Muay	Power Yoga 0845-0945 Shivani	Strength/Cardio 0845-0945 Miki	Vinyasa Yoga 0845-0945 Rumi	
Zumba® Toning 1000-1100 Miki	Zumba® Step 1000-1100 Chika	Zumba® 1015-1115 Karen	Zumba® 1000-1100 Miki	Zumba® 1000-1100 Terumi	MixedFit® 0945-1045 Naoko
		Cycle (SP) 1130-1230 Steven			
Insanity 1130-1230 Miki	Vinyasa Yoga 1130-1230 Katie	Yoga 1130-1230 Kris	Zumba® 1130-1230 Muay	Functional Strength 1130-1230 Amanda	
	Family Aqua Zumba® (Pool) 1715-1815 Chika		Body Blast 1700-1800 Muay	Aqua Zumba® (Pool) 1715-1815 Chikako	
Vinyasa Yoga 1745-1900 Rumi	MixedFit® 1700-1800 Naoko	Zumba® 1730-1830 Chikako	Cycle (SP) 1730-1830 Kim	Yoga 1730-1830 Aisha	
	Zumba® 1830-1930 Mika		Zumba Toning® 1830-1930 Chika		

Group Fitness Schedule

May 2022

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.

CLASSES CANCELLED: MEMORIAL DAY MONDAY, 30 MAY 2022

KINSER FITNESS CENTER: 637-1114

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Yoga 1130-1230 Aisha		MixedFit® 1130-1230 Naoko	Yoga 1130-1230 Aisha	MixedFit® 1130-1230 Naoko	
	Interval Training 1800-1900 Mike			Interval Training 1800-1900 Mike	

COURTNEY IRONWORKS GYM: 622-9221

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

HANSEN HOUSE OF PAIN: 623-4831

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

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.