

Group Fitness Schedule September 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 LABOR DAY: Monday 6 September 2021

KINSER FITNESS CENTER: 637-1114

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			Cycle 0600-0700 Haley		
AMPD Strength 1130-1230 Ashley **First Class 13 Sep	Cycle 1130-1230 Haley		Yoga 1130-1230 Anacani	MixedFit® 1130-1230 Naoko	
Yoga 1800-1900 Anacani **First Class 13 Sep		MixedFit® 1800-1900 Naoko			

FUTENMA MCCUTCHEON GYM: 636-3241

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Yoga (MA) 1130-1230 Katie **First Class 13 Sep	Cycle (SP) 1130-1230 India	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
			AMPD Strength 0530-0630 Ashley *First Class 9 Sep	Cycle (SP) 0530-0630 India	
Yoga 0830-0930 Katie **First Class 13 Sep	Yoga 0830-0930 Muay		Yoga 0830-0930 Muay	Vinyasa Yoga 0830-0930 Rumi	
Strength/Cardio Intervals 1000-1100 Miki **First Class 13 Sep	Zumba Step 1000-1100 Chika	Zumba® 1000-1100 Muay	Cardio Barre 1000-1100 Laurie	Zumba® 1000-1100 Muay	MixedFit® 0945-1045 Queenie
Body Blast 1130-1230 Muay **First Class 13 Sep	Vinyasa Yoga 1130-1230 Katie	Cycle (SP) 1130-1230 Steven	Yoga 1130-1230 Katie	Tabata/Intervals 1130-1230 Laurie	
Cycle (SP) 1700-1800 Kathleen **First Class 13 Sep	Body Blast 1700-1800 Muay	Aqua Zumba® (Pool) 1730-1830 Chikako		Aqua Zumba® (Pool) 1715-1815 Chikako	
Vinyasa Yoga 1745-1900 Rumi **First Class 13 Sep	Family Aqua Zumba® (Pool) 1715-1815 Chika	Vinyasa Yoga 1730-1830 Muay	Body Blast 1700-1800 Muay	Remembrance Yoga 1700-1800 Sarah **Only on 10 Sep.	
MixedFit® 1930-2030 Queenie **First Class 13 Sep	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
Zumba Toning® 0930-1030 Karen **First Class 13 Sep	Strength & Cardio 0900-1000 Miki		Strength & Cardio 0900-1000 Miki		
		Zumba Step® 1000-1100 Chika			
	Cycle 1130-1230 Alana		Zumba Toning® 1130-1230 Karen	Cycle 1130-1230 Alana	
Yoga 1900-2000 Veronica **First Class 13 Sep	MixedFit® 1730-1830 Marie		MixedFit® 1730-1830 Marie	Remembrance Yoga 1700-1800 Anacani **Only on 10 Sep.	

HANSEN HOUSE OF PAIN: 623-4831

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cycle 1130-1230 Lee **First Class 13 Sep	Yoga 1130-1230 May **Last Class 7 Sep			Cycle 1130-1230 Lee	

SCHWAB POWER DOME: 625-2442

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Yoga (MA) 1130-1230 May *Last Class 8 Sep		Yoga (MA) 1130-1230 May *Last Class 10 Sep	

All classes are in the Aerobics Room unless otherwise noted by ():
 SP: Spin room RC: Racquetball Court 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.

