



GROUP EXERCISE SCHEDULE

OCTOBER 2020

MONDAY

1130:
SPIN

TUESDAY

0900:
TONING TUESDAY
1700:
HURRICANE TRAINING

WEDNESDAY

1130:
TABATA
1700:
FAMILY FITNESS

THURSDAY

1700:
META STRENGTH
TRAINING

SPIN: INTERVALS OR AN ENDURANCE RIDE (45 MIN.)

TONING TUESDAYS & FITNESS FRIDAYS: INTERVAL STYLE WORKOUT FOR ALL FITNESS LEVELS. KIDS WELCOME.

HURRICANE TRAINING: HIGH INTENSITY FUNCTIONAL TRAINING.

TABATA: FULL BODY WORKOUT CONSISTING OF 20 SECONDS OF MAXIMUM INTENSITY WORK FOLLOWED BY 10 SECONDS OF REST. (45 MIN)

FAMILY FITNESS: INTERVAL STYLE WORKOUT FOR ALL FITNESS LEVELS. KIDS WELCOME.

META STRENGTH TRAINING: STRENGTH BASED TRAINING, TEST EXPLOSION, SPEED AND AGILITY.

ALL CLASSES ARE 60 MINUTES AND ARE LOCATED IN THE BASKETBALL COURT OR OUTDOOR HITT CENTER.

TO SET UP ADDITIONAL CLASSES/UNIT PT'S, CONTACT CHRISTOPHER WILK

📞 843-228-6712 ✉️ WILKCF@USMC-MCCS.ORG

For optimum service, requests must be received via email a minimum of 24 hours in advance and are required for groups of 10 to 30+ Marines. Please include unit, POC's phone number, date, time, preferred session format and number of participants. Please allow 2 to 3 business days to receive email confirmation of your request. Requests to reschedule (or cancellations) require notice to hutchisonjb@usmc-mccs.org via email no later than noon of the prior business day. See our website mccs-sc.com for more information.

Please consult your physician before beginning any exercise program.
Patrons of all ability levels are welcome and encouraged to attend all events. Contact us for assistance.



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