



GROUP EXERCISE SCHEDULE

FEBRUARY 2019

MONDAY

1130:
IRON THERAPY*

TUESDAY

0600 & 1130:
HITT
(ACTIVE DUTY PRIORITY)

0900:
TONING TUESDAYS

WEDNESDAY

1130:
IRON THERAPY*

1800:
YOGA
ArtiZen
YOGA & MASSAGE

THURSDAY

0600 & 1130:
HITT
(ACTIVE DUTY PRIORITY)

FRIDAY

1000:
FITNESS FRIDAY

NO CLASSES ON 01 JANUARY OR 21 JANUARY *STARTS THE WEEK OF 07 JANUARY

IRON THERAPY: BUILD A STRONGER FOUNDATION. BECOME STRONGER, FASTER AND LEANER UTILIZING A PROGRESSIVE FUNCTIONAL STRENGTH AND CONDITIONING PROGRAM.

HITT: HIGH INTENSITY TACTICAL TRAINING (30-45 MIN.)

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

YOGA: ENJOY THE FEEL OF VINYASA YOGA WHICH TRANSLATES TO BREATH SYNCHRONIZED MOVEMENT. STUDENTS WILL FLOW FROM ONE POSE TO THE NEXT IN UNIQUE SEQUENCES. THIS UNHEATED PRACTICE IS GREAT FOR ALL-LEVEL STUDENTS INTERESTED IN BUILDING FLEXIBILITY AND STRENGTH AND IN MIXING UP THEIR VINYASA PRACTICE!

ALL CLASSES ARE 60 MINUTES.

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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