



GROUP EXERCISE SCHEDULE

FEBRUARY 2019

MONDAY


0630:
PELOTON/SPIN

HITT
(ACTIVE DUTY PRIORITY)

0730/1000:
PELOTON DIGITAL

1130:
AB ATTACK

TUESDAY

0600:
YOGA 

0630:
INCH INTO NEW YEAR*

0730/1000:
PELOTON DIGITAL

1130:
PELOTON DIGITAL/SPIN

1730:
ZUMBA

WEDNESDAY

0630:
HITT
(ACTIVE DUTY PRIORITY)

PULL UP PREP**

0730/1000:
PELOTON DIGITAL

1130:
TRX

THURSDAY

0630:
INCH INTO NEW YEAR*

PULL UP PREP**

0730/1000:
PELOTON DIGITAL

1130:
PELOTON DIGITAL/SPIN

1730:
ZUMBA

FRIDAY

0630/0730/1000:
PELOTON DIGITAL

1130:
PELOTON DIGITAL/SPIN

***ENDS 15 FEBRUARY **STARTS FEBRUARY 20**

AB ATTACK: ADVANCED WORKOUT FOCUSING ON ABDOMINAL AND LOWER BACK.

HITT: HIGH INTENSITY TACTICAL TRAINING (ACTIVE DUTY PRIORITY).

INCH INTO THE NEW YEAR: GROUP PERSONAL TRAINING HELPING YOU ACHIEVE YOUR GOALS.

PELOTON DIGITAL: CYCLING, RUNNING, BOOTCAMP, FLOOR AND OUTDOOR WORKOUTS AVAILABLE AT A TAP.

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

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!

ZUMBA: DANCE FUSION WORKOUT WITH INTERNATIONAL STYLES OF MUSIC. MAY INCLUDE HIP-HOP, FUNK, AND BELLY DANCING.

ALL CLASSES ARE 60 MINUTES.

TO SET UP ADDITIONAL CLASSES/UNIT PT'S, CONTACT MICHELE BRITTINGHAM

 **843-228-1563**  **BRITTINGHAMMD@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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