



GROUP EXERCISE SCHEDULE

JANUARY 2020

TUESDAY

1130:
PELTON DIGITAL/SPIN

WEDNESDAY

0630:
HITT
ACTIVE DUTY PRIORITY

THURSDAY

0630:
TRX/AB ATTACK

1130:
PELTON DIGITAL/SPIN

1730:
ZUMBA

NO CLASSES ON MONDAY OR FRIDAY

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

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

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

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

TRX: SUSPENSION TRAINING THAT ENGAGES YOUR CORE WITH EVERY EXERCISE FOR A TOTAL-BODY WORKOUT.

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.



Disclaimer: No Federal or DoD endorsement implied