

# SEMPER FIT KANEOHE BAY MAY 2024

## GROUP-X SCHEDULE



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>0830-0930</b> KULIA	<b>*CYCLE</b> Rose <i>All levels</i>	<b>*HIGH FITNESS®</b> Sidney <i>All levels</i>	/	/	/	/
<b>0930-1030</b> KULIA	/	/	<b>*YOGA</b> SJ <i>All levels</i>	/	<b>*YOGA</b> SJ <i>All levels</i>	/
<b>0930-1030</b> (MAIN POOL)	/	/	/	/	/	<b>*AQUA FITNESS</b> Wendy <i>All levels</i> <b>(No Class May)</b>
<b>1045 &amp; 1145</b> SGTMAJ PORTER FIELD	<b>HITT</b> Fitness Specialist <i>(Active Duty Only)</i> <i>NO registration needed</i>	/				
<b>1130-1230</b> KULIA	<b>*ZUMBA® DANCE</b> Meri <i>All levels</i>	/	<b>*CYCLE</b> Rose <i>All levels</i>	/	/	/

\* Classes open to Active Duty, their Dependents, Military Retirees & DoD Civilians \*



[hawaii.usmc-mccs.org](http://hawaii.usmc-mccs.org)

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# ARE YOU SEMPER FIT?!

## TRY OUR GROUP X PROGRAM TODAY!

**AQUA FITNESS:** Come and enjoy a fun, challenging aquatics fitness class which incorporates exercise training in shallow and deep water utilizing pool noodles, aqua jogger belts, resistance dumbbells and more! Open to all levels. See you at the pool!

**CYCLING** - Pedal thru hill climbs, sprints and many other challenging drills for a great leg-pumping, core stabilizing, and calorie-burning workout. All levels welcome; modifications provided.

**HIGH FITNESS** - HIGH Fitness® takes old-school aerobics to the next level by combining simple, modern fitness techniques such as HIIT training, plyometrics, and intervals of strength and cardio with music you know and love. HIGH Fitness is simple, intense, consistent, inclusive, and fun! Both high and low intensity options are shown, so all levels of fitness are welcome.

**HITT** - A High Intensity Tactical Training Workout of the Day that follows the prescribed 1-hour program as laid out by the HITT manual by HQMC. **Active Duty only. Workouts located at the SgtMaj Porter Field HITT Box.**

**ZUMBA DANCE**- A high energy workout that combines international rhythms, like salsa and raggaeton along with popular pop and hip-hop beats, with easy to follow dance/fitness moves for a truly unique cardio and toning workout. Not a dancer? No worries! This program is designed for anyone who wants to party while they exercise!

### ATTENDANCE POLICY:

- Group Exercise Classes are held on the basketball courts at Kulia
- The AD HITT classes at the SgtMaj Porter Field HITT Box (track/football field)
- Bring ID to enter the facility
- Cycling classes are limited to 10 participants per class and is on a first come, first serve basis
- Kulia policies apply to class participation
- Aqua Fitness classes are held at the Base Pool; base pool policies apply.

### COST:

- Active Duty FREE.
- Group X Drop-In class: \$3/class.
- Punch card: 10 classes for \$20

*REMINDER: WE NO LONGER HONOR PINK TICKETS. PLEASE PURCHASE A PUNCH CARD OR DROP-IN PASS TO PARTICIPATE IN A CLASS. PURCHASE AT KULIA FITNESS CTR.*

*THANK YOU FOR YOUR COOPERATION.*

MCCS encourages and supports the participation of individuals of all abilities in its programs and facilities. Please call if you need a reasonable accommodation to fully participate.

Kulia: (808) 257-3822 Main Gym: (808) 254-7597 Pool: (808) 254-7655

### NO CLASSES ON FEDERAL HOLIDAYS

We will continue adjust our program based on class demands, available instructors, and base guidance. Thank you for your patience and continuous support in our Semper Fit Programs.

