





































GROUP-X

NOVEMBER 2024

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
0830-0930	 ROSE CYCLE KULIA FC	 KATIE YOGA YIN KULIA FC	 KATIE YOGA FLOW KULIA FC		 KATIE YOGA YIN KULIA FC	
0945-1045	 KATIE YOGA FLOW KULIA FC	 JOANNE GRIT & GRIND KULIA FC	 JOANNE GRIT & GRIND KULIA FC	 JOANNE GRIT & GRIND KULIA FC	 JOANNE GRIT & GRIND KULIA FC	
0930-1030						 WENDY WATER EXERC. MAIN POOL
1045 & 1145	 FITNESS SPEC. (AD ONLY) SGTMAJ PORTER FIELD	 FITNESS SPEC. (AD ONLY) SGTMAJ PORTER FIELD	 FITNESS SPEC. (AD ONLY) SGTMAJ PORTER FIELD	 FITNESS SPEC. (AD ONLY) SGTMAJ PORTER FIELD	 FITNESS SPEC. (AD ONLY) SGTMAJ PORTER FIELD	
1130-1230	 MERI ZUMBA KULIA FC		 ROSE CYCLE KULIA FC			
1830-1930				 KATIE YOGA FUSION MOKAPU HITT		

GROUP-X INSTRUCTORS



GROUP-X

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.

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!

YOGA FUSION: A vibrant yoga practice that weaves together elements from multiple styles to create a cohesive and invigorating flow. As you move with intention and cultivate a greater sense of connection to your body and breath.

GRIT & GRIND: A class for those looking to improve their strength, do some work, and get their heart pumping. You can expect constant variation with workouts combining functional fitness and strength training. All workouts are modified to all levels of fitness. We meet you where you are and help you build consistency in daily movement.

~REMINDERS~

- WE NO LONGER HONOR "PINK TICKETS"
- KULIA CLASSES ARE HELD ON THE BASKETBALL COURT
- BRING ID TO CLASS WITH YOU
- CYCLE CLASSES ARE LIMITED TO 10 PARTICIPANTS, PER CLASS...FIRST COME FIRST SERVE!
- NO CLASSES ON FEDERAL HOLIDAYS

~COST~

- ACTIVE DUTY: FREE
 - DROP-IN PASS PER CLASS: \$3
 - 10-CLASS PUNCH CARD: \$20
- PLEASE PURCHASE A PUNCH CARD FOR A \$10 DISCOUNT ON CLASSES TAKEN

~FACILITY PHONE NUMBERS~

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



SCAN ME



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.

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.