

SEMPER FIT CENTER MAIN GYM

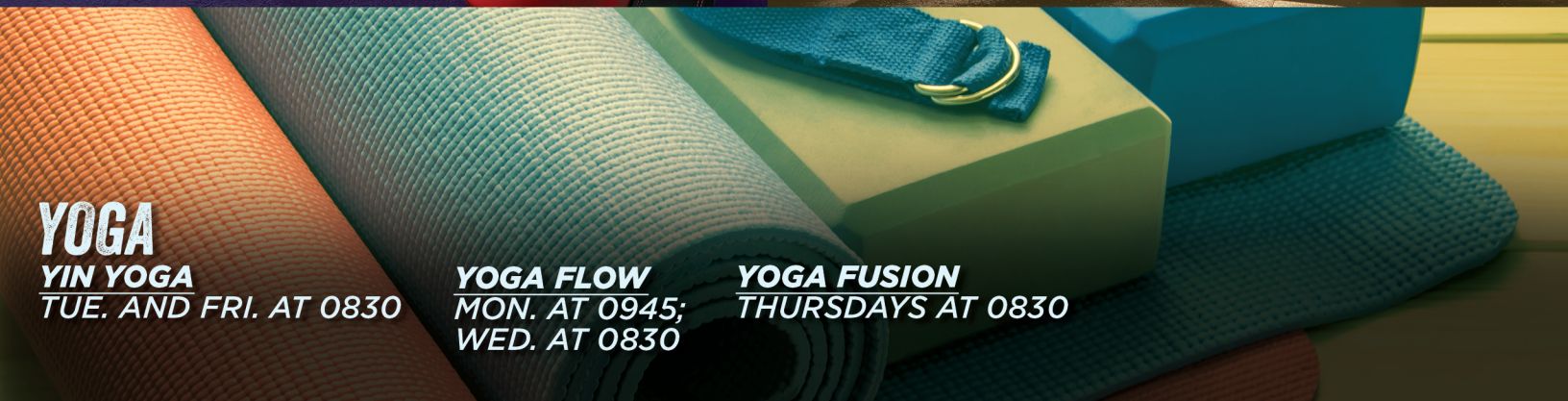
GROUP X SCHEDULE

HOW TO REGISTER: Sign up/purchase for class will be at the Main Gym front desk.

\$3/class, \$20 punch card for 10/classes.

FREE FOR ACTIVE DUTY

TIME	MON	TUE	WED	THUR	FRI	SAT
0530 - 0630		Mobility		Mobility		
0830 - 0930	Cycle	Yin Yoga	Yoga Flow	Yoga Fusion	Yin Yoga	
0930 - 1030						Aqua Fitness
0945 - 1045	Yoga Flow	Grit & Grind	Grit & Grind	Grit & Grind	Grit & Grind	
1130 - 1230	Kickboxing		Cycle		Kickboxing	



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CLASS DESCRIPTIONS:

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!

CYCLE

Turn up the energy and ride to the beat in this motivating indoor cycling class! With heart-pumping music, inspiring coaching, and customizable resistance, you'll climb hills, sprint through intervals, and leave feeling stronger, more energized, and accomplished—no matter your fitness level.

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.

KICKBOXING

Unleash your strength in this high-energy kickboxing class that combines powerful punches, kicks, and cardio for a full-body workout. Set to motivating music and led by an encouraging instructor, you'll build endurance, boost confidence, and burn calories while having fun—no experience required.

MOBILITY

Designed to help your body move better and feel less tight. Focused on joint mobility, basic stretching and easy movement patterns to reduce stiffness and improve flexibility. The class also works with deeper connective tissues and myofascial chains to support better long-term movement and body function. Slow breathing and recovery techniques are included to help your body relax and reset. It's good for athletes or anyone who feels tight from training, work or daily life. You'll leave feeling looser, more relaxed and able to move more easily.

YIN YOGA

Passive, meditative practice that uses long-hold poses to gently stress the connective tissues, joints, and fascia while improving flexibility and mobility. Rooting in stillness and mindful awareness, this calming practice encourages deep breathing, presence, and relaxation while creating balance in both body and mind. Suitable for all levels.

YOGA FLOW

Dynamic practice that enhances mobility, strength, focus, balance and overall well-being through mindful movement and breath. Welcoming to all levels, with variations to support or challenge your practice.

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.