

# JANUARY 3 - MARCH 2

WINTER

# GROUP EXERCISE SCHEDULE

BARBER PHYSICAL ACTIVITY CENTER



UNIT PT'S FOR AT LEAST EIGHT PEOPLE IN CYCLE OR FITNESS CLASSES NOT ON THE SCHEDULE CAN BE ARRANGED 36 HOURS IN ADVANCE.

\*Aikido classes have separate fees from Group Exercise classes

To schedule call, 703.784.2339 OR 703.432.0590, or email [BPACregistration@usmc-mccs.org](mailto:BPACregistration@usmc-mccs.org).

**NO REGULARLY SCHEDULED CLASSES ON THE FOLLOWING DAYS DUE TO FEDERAL HOLIDAYS: JANUARY 15 & FEBRUARY 19**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	SPIN CYCLE	B.E.S.T.	SPIN CYCLE	B.E.S.T.	SPIN CYCLE	8:15-9:15 AM SPIN CYCLE
11:30 AM	YOGA SPIN CYCLE	B.E.S.T. SPIN CYCLE	*CORE SPIN CYCLE	CARDIO BARRE SPIN CYCLE	SPIN CYCLE	9-10 AM AIKIDO (MAT ROOM)
4:00 PM	AIKIDO (MAT ROOM)		AIKIDO (MAT ROOM)			9:30-10:30 AM ZUMBA
5:00 PM	SPIN CYCLE			<b>SPECIAL EVENTS</b> FEBRUARY 3: Group Ex Sampler   8:15-11:45 AM  FEBRUARY 13: Pardi Gras Zumba   6-7 PM  FEBRUARY 10-16 Wear Red in Group Ex   All Classes  FEBRUARY 29 Leapin' Leap Day   11:30-12:30 PM		



\*FUNCTIONAL STRETCHING AND CORE

FOR MORE INFORMATION, CALL 703.784.2339 OR 432-0590



[quantico.usmc-mccs.org](http://quantico.usmc-mccs.org)  
 facebook: [quanticomccs](#) | twitter: [@mccsquantico](#)  
 instagram: [mccsquantico](#) | linkedin: [mccsquantico](#)

Working out with a group provides extra motivation, camaraderie, and fun. Our wide variety of classes are great for beginners to advanced exercisers. All of our classes are conducted by certified instructors.

## **IN THE EVENT THAT AN INSTRUCTOR IS NOT AVAILABLE, A WELLBEATS VIDEO CLASS WILL BE USED FOR INSTRUCTION.**

### **B.E.S.T. (BASIC ENDURANCE STRENGTH TRAINING):**

This class emphasizes the development of strength and functional conditioning with traditional weight-lifting exercises primarily using barbells and dumbbells. The training goal is to build long, lean, stronger muscles focusing on the endurance end of resistance training for a full body workout each class. Designed for all fitness levels.

### **CARDIO BARRE**

With a combination of functional strength, dance, pilates, and yoga, bodyweight is used as a resistance to focus on alignment and optimal posture while enhancing body awareness, coordination, balance, and overall strength. There are also moves that will increase heart rate adding a cardio component to the class.

### **SPIN CYCLE**

An indoor group bicycling class designed for all fitness levels. This high cardio workout challenges leg endurance without the impact on the joints.

### **YOGA**

Achieve physical, emotional, and spiritual well-being while strengthening your body. Yoga is a great way to manage stress and improve physical imbalances in the body.

### **ZUMBA**

A "fitness party" that fuses Latin rhythms and fitness moves with international music in fun, choreographed routines.

### **FUNCTIONAL STRETCHING AND CORE**

Combines moves from Yoga, Pilates, basic fitness practices, and other disciplines for a class that will help improve mobility, mental stress, and provide recovery from the physical challenges of our computer-oriented society.

### **AIKIDO**

A form of Martial Arts that focuses on self defense and blending with an attacker's movements. Aikido is a great venue for improving flexibility, strength, and cardio. This class is open to all participants regardless of their level of experience. Class has an emphasis on technique and practical application.

**Fee per month is \$65.00**

## **WELLBEATS IS "FITNESS ON DEMAND"**

There is one kiosk available for workout videos in a program called WellBeats. During unscheduled time slots, you can request to use the WellBeats program. However, **ALL WELLBEATS CLASSES MUST END 30 MINUTES BEFORE THE START OF A SCHEDULED CLASS.** Choose from a variety of programs such as kickboxing, step, sports interval training, strength training, indoor cycling, and yoga/pilates fusion classes. You can choose a class for 20 minutes, 35 minutes, or 50 minutes.

For specific descriptions of the classes, please visit [quantico.usmc-mccs.org](http://quantico.usmc-mccs.org). WellBeats virtual classes are **FREE** to all authorized users.

### **TO TAKE A WELLBEATS CLASS:**

Report to the front desk Fitness Center Attendant to sign-in and gain access to the room.

### **COST:**

- Active Duty & Reservists **FREE**
- Family members & Retirees \$25 per month
- DoD Civilians \$35 per month
- Daily drop-in \$5 per class/pro-rated fees not available
- Contractor fees:
  1. Use facility only \$40
  2. Use group exercise only \$40
  3. Use facility AND group exercise \$60

### **Fees are prorated after the 15th of the month:**

- Family Members and Retirees: **\$18**
- DoD Civilians: **\$25**

**Please see front desk for payment information.**

**MCCS encourages and supports the participation of individuals of all abilities in its programs and facilities. Ages 16 and up may participate in all of our classes. Ages 14-15 can participate when directly supervised by a legal guardian who is participating in the class also. Please call if you need a reasonable accommodation to fully participate.**