

Martial Arts Classes

Tae Kwon Do

Learn self-defense and Olympic style sparring.

Wednesdays 1830 @ PFH

Fridays 1630 @ 21 AFC

For more information contact (760)-763-4070.

Shorin Ryu Karate

Okinawan Martial Arts

Tuesdays & Thursdays @ 21 Area Fitness Center

1615-1700 for ages 2 to 4

1700-1800 for ages 5 and up

Mondays & Wednesdays @ San Onofre Event Center

1530-1630 for ages 4 and up

PH: (760)-917-6801 Email: tienhtle@msn.com

The fee for these classes is \$60.00 per month.

All fees are to be paid to the instructors

Dance Classes

Step Nicely Dance

Soul Line Dancing

Thursdays 1845 @ Paige Fieldhouse

PH: (760)-201-6042 Email: stepnicelydance@gmail.com

The fee for these classes is \$10 per class or \$28 per month.

www.stepnicelydance.com

****FREE CLASSES****

Connected Warriors

Trauma-Sensitive Yoga

Free for Service members, Veterans, and Dependents

Mondays 1700-1800 @ 21 AFC

Tuesdays 1845-1945 @ Paige Fieldhouse

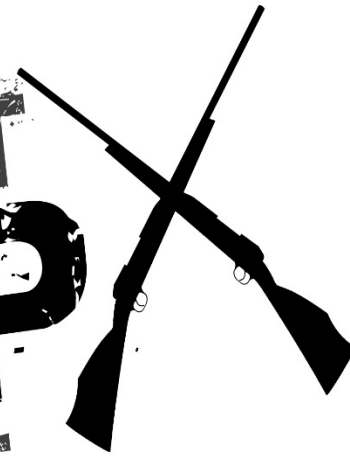
Saturdays 1100-1200 @ 21 AFC

Sundays 0900-1000 @ Paige Fieldhouse

www.connectedwarriors.org


July 2017

SEMPER FIT GROUP SCHEDULE



MCCS
SEMPER FIT
Camp Pendleton

mccsCP.com/getfit
IN STEP WITH YOU

Follow us on 

July 2017 Group-X Schedule

All Classes are subject to change or cancellation. Group Exercise Coordinator: Darci Kruse 760-763-4070 Website: www.mccsCP.com/getfit

Location	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Paige Fieldhouse 760-725-6394	0900 Connected Warrior Yoga **Free Class**		0600 Cycle Violetta	0600 Yoga Sunrise	0600 Cycle Violetta		
		1130 Cycle Angela	1130 BOSU Cardio Circuit Angela	1130 Cycle Darci/Keith	1130 Functional Strength Training Angela	1130 Yoga Cara K.	
		1730 Zumba Cris	1730 Zumba Cara M.	1730 Zumba Cris	1730 Cycle Patrice	1730 Cardio Hip Hop Cara K.	
			1845 Connected Warrior Yoga **Free Class**				
14 Area Fitness Center 760-725-5941			1730 Yoga Kathy		1730 Yoga Christa		
21 Area Fitness Center 760-725-2951							0900 Zumba Cara M.
		1130 Cycle Darci	1130 Yoga Anna	1130 Cycle Leslie	1130 Cycle Estera		1100 Connected Warrior Yoga **Free Class**
		1700 Connected Warrior Yoga **Free Class**		1730 Hip Hop Cara K			
			1830 Yoga Christa		1830 Zumba Diane		
22 Area Fitness Center 760-725-3163		1130 Cycle Cameron		1130 Cycle Cameron			
O'Neill Fitness Center 760-725-1366		1130 Yoga Mary	1130 Hip Hop Cara K				
33 Area Fitness Center 760-725-8737			1130 Cycle Violetta	1130 Yoga Sunrise	1130 Cycle Francis		

**There is a fee for all Group-X Classes for authorized patrons (Active Duty is Free).
It is \$3.00 per class, \$27 per 10-class punch card or \$25.00 per month for unlimited classes.**