

# 2019 Group-X Schedule

All Classes are subject to change or cancellation.

Group Exercise Questions: 760-763-0657

Website: [www.mccsCP.com/getfit](http://www.mccsCP.com/getfit)

Location	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Paige Fieldhouse 760-725-6394			0600 Cycle	0600 Yoga	0600 Cycle	0600 Power Yoga	0930-1500 Youth Dance Classes
	0900 Connected Warrior Yoga **Free Class**		1000 Barre		1000 Barre		
		1130 Cycle	1130 Strong	1130 Cycle	1130 Functional Strength	1130 Yoga	
		1730 Zumba	1730 Zumba	1730 Zumba		1730 Zumba	
			1845 Connected Warrior Yoga **Free Class**	1830 TaeKwonDo	1630 - 2030 Youth Dance Classes		
14 Area Fitness Center 760-725-5941			1730 Yoga		1730 Yoga		
21 Area Fitness Center 760-725-2951							0900 Zumba
		1130 Cycle	1130 Power Yoga	1130 Cycle	1130 Power Yoga		1100 Connected Warrior Yoga **Free Class**
		1500 Shorin Ryu Karate (Ages 4+)		1600 Shorin Ryu Karate (Ages 4+)			
		1700 Connected Warrior Yoga **Free Class**	1715-2000 Youth Dance Classes			1630 TaeKwonDo	
22 Area Fitness Center 760-725-3163		1130 Cycle		1130 Cycle			
O'Neill Fitness Center 760-725-1366		1130 Yoga		1130 Yoga			
			1700 TaeKwonDo USA	1700 TaeKwonDo USA			
33 Area Fitness Center 760-725-8737			1130 Cycle		1130 Cycle		
52 Area Fitness Center 725-7262			0900 Yoga		0900 Yoga		

A fee of, \$3.00 per class / \$27 per 10-class punch card / \$25 per month for unlimited classes, for all Group-X Classes for authorized patrons (Active Duty is Free).  
Specialty class (shaded above) rates vary. Payment is made directly to the instructor. See reverse for more information.

**Group Exercise Class Descriptions**

**Cycle** – 60 minute indoor cycle class simulating outdoor riding with sprinting, intervals, and hill work. Please bring water and a towel.

**Barre** – combines elements and techniques from Ballet, Pilates, and Yoga that will give you a total body workout. It is the perfect combination of strength, flexibility, and balance.

**Functional Strength Training** – a high-energy functional fitness class utilizing equipment including barbells, TRX, dumbbells, body bars, and bodyweight to increase strength.

**High Intensity Strength** – Integrating both cardiovascular and strength training, this class targets a full-body workout, challenging all fitness levels.

**STRONG** – Combines high intensity interval training with the science of Synced Music Motivation for a intense, full body workout.

**Yoga** – Improve balance, flexibility, mobility, and core strength, while learning mental relaxation and stress relief.

**Power Yoga** - a vigorous, fitness-based approach to vinyasa-style yoga. Power Yoga takes the athleticism of Ashtanga, including lots of vinyasas, but gives each teacher the flexibility to teach any poses in any order, making every class different, emphasizing strength and flexibility,

**Zumba** - This cardio-Latin fusion class features aerobic interval training to maximize fat burning and total body toning, all to incredible music with moves that are easy to learn!

**SEMPER FIT**



**Specialty Class Information**

**Connected Warriors**

Trauma-Sensitive Yoga. Free for Service Members, Veterans, and Dependents  
www.connectedwarriors.org

**Tae Kwon Do**

Learn self-defense and Olympic style sparring.

**Team USA- TAEKWONDO Training**

Training with Team USA coach. Try out with Team USA Team Trail  
**PH: (760) 917-6801 Email: masterkimusa@gmail.com.**

**Shorin Ryu Karate**

Okinawan Martial Arts

The fee for these classes is \$60.00 per month  
**Phone: (760) 917-6801 Email: tienhtle@msn.com**

**Youth Dance**

Early Dance – ages 4-6

Technique: Kicks and Turns- Beginner, Intermediate, Advanced

Hip Hop Fusion – Beginner (7+), Intermediate (7+)

Hip Hop Fusion for Teen/Tween/ Adults- All Level

**For class prices email: www.usmcdance.com**

For more information call (760) 763-0657