




March, April & May 2012

AEROBICS/SPINNING

Hours	Mon.	Tues.	Wed.	Thurs.	Fri.
9 am	Aerobics Step	Functional Toning	Hi/Low Aerobics	Kick Boxing	Spinning
10:10 am	Zumba		Zumba	 www.mccsnr.com	Zumba
11:10 am	Belly Burner	Belly Burner Core Plus	Belly Burner Core Plus	Belly Burner Core Plus	Belly Burner
11:30 am	Spinning 45 min.	Yoga	Spinning 45 min.	Functional Toning	Cardio Kick
5 pm	Core Yoga 1 Hour	L.I.F.T	Iron Yoga	Spinning 45 min.	
6 pm	Step It Up	Zumba	Step It Up	Zumba	

Certified Exercise Specialist trained to help special populations and those recovering from injuries and in need of rehab.

Cardio Kick:

Provide low-impact exercise moves with jabs, punch hooks and kicks, cardiovascular, tone and gain strength.

Core Power Yoga:

This class will include various core conditioning and plates exercises, flowing sequences of poses that focus on strengthening the abdominal back and glutes.

Iron Yoga:

Mind over muscle is that it has the combined benefits of yoga and weight training all in one workout. Increase your flexibility enhance your functional strength, create balance and symmetry sharpen your mental focus.

Functional Toning Workout:

This conditioning program will strengthen and tone your entire body with the use of various equipment. Class also utilize the stability ball.

Final Cut:

This class incorporates resistance training into consistently applied program of music and movement, utilizing barbells. These basic weight training exercises should focus on the major muscle groups.

Traditional Dance: inspired routine

Low-Impact: keeps one foot on the floor

High-Impact: includes running and jumping Great for CARDIORESPIRATORY fitness.

Step It Up:

A basic introductory class intended for those who have never taken a total body conditioning class.

Step Aerobics:

Choreographed routines, stepping up and down on a rectangular platform a total body conditioning class.

Walking:

Is one of the simplest ways to get in shape.

Zumba Fitness:

High Energy Dance Class with Latin based music.

Thighs, Abs, and Glutes are the main focus.

Appropriate for all levels.

Did you know?

The majority of injuries in group exercise occur as a result of training. The key to a well-rounded exercise program is to incorporate a variety! By trying a new class, you can obtain maximal results by engaging more major muscle groups into your weekly routine, as opposed do overtraining specific muscles due to performing repetitive joint actions.



Unit Workouts

Monday - Friday 5 am - 6 am

Unit PT sessions promote unit cohesion and cross training, enhances PFT & CFT scores and establishes a foundation for mission readiness.

MCAS Fitness Center

Fitness Director - Stephen Williams
449-5845

Group Exercise Supervisor - Verna Richardson
449-6003