



## 2012 GROUP EXERCISE SCHEDULE

[www.mccslejeune.com/groupeexercise](http://www.mccslejeune.com/groupeexercise) • 910-451-0824

Schedule effective 3 Jan 2012. Classes are first come, first-served. Classes are subject to change without notice.  
FREE to all authorized ID cardholders. Please see website for class descriptions.

### Camp Geiger Fitness Center • 910-449-0609

TIME	MON	TUE	WED	THU	FRI	SAT
1130-1230		Total Athletic Conditioning (TAC)		Total Athletic Conditioning (TAC)		

### Courthouse Bay Fitness Center • 910-440-7447

TIME	MON	TUE	WED	THU	FRI	SAT
1130-1200		Hard Corps Tabata				
1130-1230	Cycle		Cycle			

### French Creek Fitness Center • 910-451-5430

TIME	MON	TUE	WED	THU	FRI	SAT
1100-1125	Hard Corps	Hard Corps Tabata	Hard Corps	Hard Corps Tabata	Hard Corps	
1130-1230	Yogilates	Schwinn® Zone	Tread to Shred (main floor) Zumba® (group ex. room)	Total Athletic Conditioning (TAC)	Zumba®	
1530-1630				Pregnancy Exercise Class*		
1700-1800	C <sup>2</sup> : CycleCircuit	Zumba®	Power Yoga	Strictly Strength		

\* The Pregnancy Exercise Class is sponsored through Naval Hospital Camp Lejeune and is not affiliated with Semper Fit. Schedule is subject to change without notice. For more information, please call Naval Hospital Health Promotion & Wellness at 451-3712.

### H.I.T.T. Center (temporary location: Bldg 512 on M Street) • 910-451-0122

TIME	MON	TUE	WED	THU	FRI	SAT
1130-1230	H.I.T.T.	Kettlebells	Combat Cardio	Kettlebells	H.I.T.T.	
1730-1830		H.I.T.T.		H.I.T.T.		

The Semper Fit Mobile Unit is available for unit PT every day from 0500-1000 and 1300-1600. Info: 910-451-0826.

### Morgan Bay Fitness Center • 910-451-1676

TIME	MON	TUE	WED	THU	FRI	SAT
1130-1230		CFT – Combat Fitness Training (weather permitting)		CFT – Combat Fitness Training (weather permitting)		

### Tarawa Terrace Fitness Center • 910-450-1681

TIME	MON	TUE	WED	THU	FRI	SAT
0815-0915		Semper Seniors		Semper Seniors		
0830-0915	Semper Stretch		Semper Stretch			
0830-0930					Power Yoga	
0930-1030	Total Athletic Conditioning (TAC)	Cycle	C <sup>2</sup> : CycleCircuit	Step	Tabata Power Hour	1 <sup>st</sup> & 3 <sup>rd</sup> Sat: Step 2 <sup>nd</sup> , 4 <sup>th</sup> & 5 <sup>th</sup> Sat: Zumba®
1030-1130	Pregnancy Exercise Class*	Yoga	Pregnancy Exercise Class*	Zumba®	Cardio Kickbox	
1045-1145						Yogilates
1130-1230	Cycle & Hard Corps	Total Athletic Conditioning (TAC)	Pilates	Strictly Strength	Zumba®	
1630-1730			Zumba®			
1730-1830	Step	Cycle and Strictly Strength	Step	Zumba®		
1830-1930	Yogilates	Total Athletic Conditioning (TAC)		Cycle		

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### Tarawa Terrace Fitness Center Childcare • 910-450-1685

Hours of Operation: Mon, Tue, Thu • 0700-1400 and 1700-2000 | Wed • 0700-1400 and 1600-1900 | Fri • 0700-1400 | Sat • 0800-1230

Punch cards for the TT Fitness Center Childcare Facility may be purchased at the TT CDC. Please call 910-450-1646/1648 for details.

### Stone Bay Fitness Center • 910-440-2055

TIME	MON	TUE	WED	THU	FRI	SAT
1130-1230	Total Athletic Conditioning (TAC)	Zumba®	Tabata Power Hour			



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### Area 2 Indoor Pool • 910-451-2024

TIME	MON	TUE	WED	THU	FRI	SAT
1130-1230	Aqua Athlete (deep water)	Aqua Fit (shallow water)	Aqua Athlete (deep water)	Aqua Fit (shallow water)	Aqua Athlete (deep water)	

### Camp Johnson Indoor Pool • 910-450-0768

TIME	MON	TUE	WED	THU	FRI	SAT
1900-1950		Aqua Fit (shallow water)		Aqua Athlete (deep water)		

### Midway Park Community Center • 910-451-1807

TIME	MON	TUE	WED	THU	FRI	SAT
0930-1030						Ballet Pilates Fusion
1145-1230		Mommy & Me Yoga				
1900-2000	Zumba®		Zumba®		Zumba®	

### Tarawa Terrace Community Center • 910-450-1687

TIME	MON	TUE	WED	THU	FRI	SAT
1030-1115				Mommy & Me Yoga		
1130-1245				Pilates		
1130-1230	Zumba®					

