

GROUPX SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
SENIOR FIT 0730–0830 TACTICAL STRENGTH & CONDITIONING 1100–1200	SENIOR FIT 0730–0830 UFIT 1100–1200 UFIT LUNCH CRUNCH 1130–1200 ZUMBA® 1730–1830	SENIOR FIT 0730–0830	SENIOR FIT 0730–0830 UFIT 1100–1200 UFIT LUNCH CRUNCH 1130–1200 ZUMBA® 1730–1830	CYCLING 0600–0730 TACTICAL STRENGTH & CONDITIONING 1100–1200

CLASS DESCRIPTIONS

CYCLING

An instructor guided cycling workout with varied and motivating music and an encouraging group environment that leads you through a wide array of cycle conditions. An excellent way to improve cardiovascular fitness and overall lower body endurance.

SENIOR FIT

A strength and low impact cardiovascular workout with a focus on functional movement and stability. Participants use many pieces of portable equipment and chairs to get a wonderful workout to help maintain bone and muscle mass, balance, and help prevent injury. Great for any fitness level.

TACTICAL STRENGTH & CONDITIONING

This Tactical Strength and Conditioning class focuses on enhancing operational performance through strength, power, and mobility training tailored to tactical demands. Expect dynamic, functional workouts designed to build resilience, reduce injury risk, and optimize mission readiness. Train to move, perform, and recover like the elite professionals you are.

UFIT

WODs featuring AMRAPs and EMOMs! This group training class is designed for individuals looking to enhance their strength, power, and endurance through functional movement patterns. Push your body to operate as a cohesive unit using barbells, dumbbells, kettlebells, sandbags and your own body weight. Workouts can be tailored to accommodate all fitness levels. At UFit, we also cultivate a vibrant sense of community, camaraderie, and support among our members! UFit here!

UFIT–LUNCH CRUNCH

A lunchtime portion of UFit – get your workout in 30 mins or less!

ZUMBA®

Get fit while you dance! High energy instructor, high energy music! Join the party and get your cardio on through fun and easy to follow along choreography!

BY APPOINTMENT / AVAILABLE BY REQUEST

COMMAND/UNIT FITNESS

Command PT led by an MWR Certified Fitness Professional. Choose your workout format and instructor. Make a reservation at the Front Desk.

FMS™ (FUNCTIONAL MOVEMENT SCREEN)

The Functional Movement Screen tests seven fundamental movement patterns that are key to identifying functional movement quality. The FMS Screen provides a reliable baseline and actionable and effective steps to improve your performance and movement quality. Make an appointment with an FMS Certified professional at the Front Desk.

STRETCHING AND FOAM ROLLING

Grab a mat to stretch, recover, and repair overworked muscles. Learn basic stretching techniques using a foam roller or stretch straps.

1000/500LB CLUB

Become a member of our 1000/500lb club! Lift at or an excess of 1000lbs (men) or 500lbs (women) in 3 lifts—Bench Press, Back Squat and Deadlift to get your name on our wall! Set up an appointment at the Front Desk.

**CLASSES ARE SUBJECT TO CHANGE.
CALL 562.626.7589 FOR UPDATED INFO.**

**HAVE A CLASS SUGGESTION? LET US KNOW!
FILL OUT OUR SURVEY AT THE FRONT DESK.**

