

Starts JULY 08

Group Exercise Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
0640-0725		Cycling/ Vic	Cycling/Aimee	Cycling/Vic	Cycling/Aimee
0700-0730	CG Cross Fit	CG Cross Fit		CG Cross Fit	CG Cross Fit
0735-0835	PT Trg/ M		PT Trg/ M		
1100-1145	Cycling/Mike	Weights/ Crt	Cycling/ Allen	Weights/ Crt	Cycling/ Mike
1155-1235	CK w/ Kathy	Step/ Lisa	CK w/Corrie	Core/ Beth	Martial Arts/Lee
1245-1330	Slim Down w/ Corrie	Yoga/ Ang	Slim Down w/ Corrie	Yoga/ Jon	
1330-1430					
1630-1715		Cycling/Matt		Cycling/Shelly	

Cardio Kick - Traditional kickboxing moves are performed continuously to develop cardiovascular fitness, agility, and quickness.

Circuit Training- Anything goes... a mix of total body conditioning, be prepared to sweat!

CG Cross Fit- Our program delivers a fitness that is, by design, broad, general, and inclusive. The goal is in not specializing. Combat, survival, many sports, and life reward this kind of fitness. Be sure to check it out no matter where you are in your personal fitness.

Cycling - A challenging stationary cycling class that utilizes various training techniques and motivational strategies to simulate actual riding experiences.

PT Training - Primarily developed for individuals on the Maximum Allowable Weight (MAW) program. The class uses weights and/or bodyweight as well as cardiovascular activities to promote muscular endurance, flexibility, and cardio respiratory endurance. Be ready to sweat!

Pilates - This discipline will focus on strengthen and stretch the abdomen and torso (a.k.a. "core"). Technique involves proper breathing and control over various muscles.

Slim Down - This class combines cardio with resistance moves to help you burn fat and sculpt lean muscle. We utilize resistance bands, light weights, and stability balls to tone those arms, abs, thighs, and gluts! Perfect for any workout level

Weight Lifting – A workout that uses weights to promote muscular endurance, muscular strength, flexibility, and proper body alignment.

Yoga - A fitness-based version of the ancient practice of yoga. It is based on vinyasa-style and is a total mind-body workout that improves functional strength, flexibility, muscle balance and relaxation. The class is taught with multi-level options making it suitable for all fitness levels

FMS and PWP assessments: Test and measure you physical fitness and functional strengths with an hour of measures to put you to the test. How do you measure up! **Test and Retests available by Appointments only.** (Marianne.lachance@uscg.mil) This assessment is required for all civilian employees who do not have a waiver from a physician to utilize the USCG Semper Paratus Fitness Center. Assessments information can be obtained from the fit web page or contact fitness director. Please bring 2 id's to go onto Ft. McNair.

**For more information contact
Marianne at x24087**