

Monthly Events May 2019

		1 Wednesday	2 Thursday	3 Friday	4 Saturday	5 Sunday
		<p>Group Workout: 0800 Circuit Strength 0900 Pilates</p> <p>NPSP: Moms & Munchkins (9-11a) 700 building</p>	<p>Group Workout: 1700 HIIT</p>	<p>Breakfast at the Pickel Chalet @ 0630</p> <p>Group Workout 0900 Rock Wall @ MWTC</p> <p>RED HAT IS OPEN 1600-2000</p>	<p>Group Workout: 0900 Kid's Healthy Eating Presentation</p> <p>RED HAT IS OPEN 1600-2000</p>	
6 Monday	7 Tuesday	8 Wednesday	9 Thursday	10 Friday	11 Saturday	12 Sunday
<p>Group Workout: 0800 HIIT 0900 Yoga</p>		<p>Group Workout: 0800 Circuit Strength 0900 Beach Body</p> <p>NPSP: Moms & Munchkins (9-11a) 700 building</p> <p>SMP: National Coca-Cola Day in the Barracks</p>	<p>Arts in the Armed Forces performance at 1300 at MWTC</p> <p>AITAF Meet & Greet at the Red Hat @ 1800</p> <p>Group Workout: 1700 HIIT</p>	<p>Group Workout 0900 Healthy Eating @ LMH</p> <p>SMP: Adopt-A-Highway Cleanup</p> <p>RED HAT IS OPEN 1600-2000</p>	<p>RED HAT IS OPEN 1600-2000</p>	
13 Monday	14 Tuesday	15 Wednesday	16 Thursday	17 Friday	18 Saturday	19 Sunday
<p>Group Workout: 0800 TRX 0900 Kickboxing</p> <p>SMP Volunteer Event: Field Day for ESUSD</p> <p>SMP/SemperFit: Thousand Pound Club Challenge begins</p>	<p>Group Workout: 1700 HIIT</p> <p>Let's Talk about... Postpartum Depression 4-6p</p>	<p>NPSP: Moms & Munchkins (9-11a) 700 building</p>	<p>Group Workout: 0800 Circuit Strength 0900 Yoga</p> <p>SMP/SemperFit: Thousand Pound Club Challenge Ends</p>	<p>Breakfast at Pickel 0630</p> <p>0900 Spin @ MWTC Volleyball 1900 LMH gym</p> <p>SMP/SemperFit: Thousand Pound Club Challenge Party</p> <p>RED HAT IS OPEN 1600-2000</p>	<p>10K Mountain Master Run and OPEN HOUSE at MWTC</p> <p>RED HAT IS OPEN 1600-2000</p>	
20 Monday	21 Tuesday	22 Wednesday	23 Thursday	24 Friday	25 Saturday	26 Sunday
<p>Group Workout: 0800 Bootcamp 0900 Pilates</p>	<p>Group Workout: 1700 HIIT</p>	<p>NPSP: Moms & Munchkins (9-11a) 700 Bldg</p> <p>Group Workout 0800 TRX 0900 Kickboxing</p>	<p>Resume writing workshop @ 700 Bldg 0830-0930</p> <p>Memorial Day BBQ @ LMH 1400-1700</p>	<p>Group Workout 0900 Hike, meet at LMH at 0800</p> <p>SMP TRIP</p> <p>RED HAT IS OPEN 1600-2000</p>	<p>SMP TRIP</p>	<p>SMP TRIP</p>
27 Monday	28 Tuesday	29 Wednesday	30 Thursday	31 Friday		
<p>Group Workout: 0800 Plyometrics 0900 Zumba</p> <p>SMP BBQ at the Barracks</p>	<p>Group Workout: 1700 TRX</p> <p>Let's Talk about... Postpartum Depression 4-6p</p>	<p>Group Workout 0800 HIIT 0900 Pilates</p> <p>NPSP: Moms & Munchkins (9-11a) 700 Bldg</p> <p>SMP Volunteer Event: Walk-a-thon at AES</p>	<p>Group Workout: 1700 Circuit Training</p>	<p>Breakfast at the Pickel Chalet @ 0630</p> <p>0900 Spin @ MWTC Volleyball 1900 LMH gym</p> <p>RED HAT IS OPEN 1600-2000</p>		



Text MCCS to 40691 to receive the latest information on MCCS programs/events.



REGISTRATION IS OPEN for the May 18 run and OPEN HOUSE. More info at mccsmwtc.com or SemperFit Gym at MWTC.