

APRIL

GROUP FITNESS SCHEDULE

Fitness Forum, Support Site

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

6-7 a.m.
Command PT
with Fitness Specialist

6-7 a.m.
Command PT
with Fitness Specialist

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with Fitness Specialist

6-7 a.m.
Command PT
with Fitness Specialist

6-7 a.m.
Command PT
with Fitness Specialist

8:30-9:30 a.m.
Functional Boot Camp*
with Vicky

8:30-9:30 a.m.
Fit Pump
with Amelia

8:30-9:30 a.m.
Fit Box*
with Vicky

8:30-9:30 a.m.
Fit Pump
with Amelia

8:30-9:30 a.m.
Circuit Training
with Amelia

8:30-9:30 a.m.
Pilates
with Emilia

8:30-9:30 a.m.
Pilates
with Emilia

8:30-9:30 a.m.
Fit Box
with Vicky

9:45-10:45 a.m.
Fit Box*
with Vicky

9:45-10:45 a.m.
Zumba®
with Amelia

9:45-10:45 a.m.
Fit Pump
with Amelia

9:45-10:45 a.m.
Barre
with Amelia

9:45-10:45 a.m.
Strong
with Amelia

9:45-10:45 a.m.
Interval Cycling
with Vicky

11 a.m.-Noon
Cycling*
with Vicky

11 a.m.-Noon
Functional Boot Camp*
with Vicky

11 a.m.-Noon
Circuit Training
with Amelia

3:20-4 p.m.
Ballet
3-6 years

3:20-4 p.m.
Modern Dance
3-6 years

4-5 p.m.
Ballet
7-9 years

4-5 p.m.
Glutes and Core
with Amelia

4-5 p.m.
Judo
7-9 years

4-5 p.m.
Modern Dance
7-9 years

5-6 p.m.
Ballet
10-17 years

5-6:15 p.m.
Judo
10-14 years

5-6 p.m.
Modern Dance
10-17 years

6:30-7:30 p.m.
Jiu-Jitsu
5-15 years

6:30-8 p.m.
Judo
15 years and older

6:30-7:30 p.m.
Jiu-Jitsu
5-15 years

6:30-7:30 p.m.
Beginner Jiu-Jitsu
16 years and older

7:30-8:30 p.m.
Jiu-Jitsu
16 years and older

7:30-8:30 p.m.
Jiu-Jitsu
16 years and older

7:30-8:30 p.m.
Advanced Jiu-Jitsu
16 years and older

*No class Thursday, April 3; Tuesday, April 15;
Wednesday, April 16; and Monday, April 21.

Fee-based class

For more information, call Capodichino Fit Zone at 081-568-4265/DSN 626-4265.

Connect with MWR 24/7, navymwrnaples.com www.facebook.com/mwrnaples [nsanaplesmwr](https://www.instagram.com/nsanaplesmwr)



APRIL

GROUP FITNESS SCHEDULE

Fit Zone, Capodichino

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7-7:45 a.m. Functional Circuit with Donatella	7-7:45 a.m. Functional Circuit with Donatella	7-7:45 a.m. Functional Circuit with Donatella	7-7:45 a.m. Functional Circuit with Donatella	7-7:45 a.m. Functional Circuit with Donatella
11:05-11:50 a.m. Yoga* with Elise		11:05-11:50 a.m. Yoga* with Elise		
Noon-12:30 p.m. Functional Core Express with Donatella		Noon-12:30 p.m. Glutes and Core with Donatella		Noon-12:30 p.m. Glutes and Core with Donatella
	12:15-1 p.m. Functional Spin® with Vicky**		12:15-1 p.m. Functional Spin® with Vicky**	
	3:30-4:15 p.m. Pump with Vicky**		3:30-4:15 p.m. Pump with Vicky**	

Fitness Yurt, Carney Park

MONDAY	TUESDAY	THURSDAY
	8-9 a.m. Mobility and Stretching with Vicky**	8-9 a.m. Mobility and Stretching with Vicky**
	9-10 a.m. Pump with Vicky**	9-10 a.m. Pump with Vicky**
	10-11 a.m. Core with Vicky**	10-11 a.m. Core with Vicky**
5-6 p.m. Pump with Vicky**		
6-7 p.m. Sunset Stretch with Vicky**		

*Classes begin April 16.

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