



# SEPTEMBER

## GROUP FITNESS SCHEDULE

Fitness Forum, Support Site

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6-7 a.m. <b>Command PT</b> with Fitness Specialist	6-7 a.m. <b>Command PT</b> with Fitness Specialist	6-7 a.m. <b>Command PT</b> with Fitness Specialist	6-7 a.m. <b>Command PT</b> with Fitness Specialist	6-7 a.m. <b>Command PT</b> with Fitness Specialist	
8:30-9:30 a.m. <b>Functional Boot Camp</b> with Vicky	8:30-9:30 a.m. <b>Fit Pump</b> with Amelia	8:30-9:30 a.m. <b>Yoga Flow</b> with Amelia	8:30-9:30 a.m. <b>Fit Pump</b> with Amelia	8:30-9:30 a.m. <b>Circuit Training</b> with Amelia	
8:30-9:30 a.m. <b>Pilates</b> with Emilia		8:30-9:30 a.m. <b>Fit Box</b> with Vicky		8:30-9:30 a.m. <b>Pilates</b> with Emilia	8:30-9:30 a.m. <b>Fit Box</b> with Vicky
9:45-10:45 a.m. <b>Fit Box</b> with Vicky	9:45-10:45 a.m. <b>Zumba®</b> with Amelia	9:45-10:45 a.m. <b>Fit Pump</b> with Amelia	9:45-10:45 a.m. <b>Barre</b> with Amelia	9:45-10:45 a.m. <b>Strong</b> with Amelia	9:45-10:45 a.m. <b>Interval Cycling</b> with Vicky
11 a.m.-Noon <b>Cycling</b> with Vicky		11 a.m.-Noon <b>Functional Boot Camp</b> with Vicky	11 a.m.-Noon <b>Circuit Training</b> with Amelia		11 a.m.-Noon <b>Family Bootcamp</b> with Vicky
	3:20-4 p.m. <b>Ballet</b> 3-6 years		3:20-4 p.m. <b>Modern Dance</b> 3-6 years		
	4-5 p.m. <b>Ballet</b> 7-9 years	4-5 p.m. <b>Glutes and Core</b> with Amelia	4-5 p.m. <b>Modern Dance</b> 7-9 years		
		4-5 p.m. <b>Judo</b> 5-9 years			
	5-6 p.m. <b>Ballet</b> 10-17 years	5-6:15 p.m. <b>Judo</b> 10-14 years	5-6 p.m. <b>Modern Dance</b> 10-17 years		
	6:30-7:30 p.m. <b>Jiu-Jitsu</b> 5-15 years	6:30-8 p.m. <b>Judo</b> 15 years and older	6:30-7:30 p.m. <b>Jiu-Jitsu</b> 5-15 years	6:30-7:30 p.m. <b>Beginner Jiu-Jitsu</b> 16 years and older	
	7:30-8:30 p.m. <b>Jiu-Jitsu</b> 16 years and older		7:30-8:30 p.m. <b>Jiu-Jitsu</b> 16 years and older	7:30-8:30 p.m. <b>Advanced Jiu-Jitsu</b> 16 years and older	

Fee-based class. Go to <https://myffrnavyaims.com> to register and pay.

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

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





# SEPTEMBER

GROUP FITNESS SCHEDULE				Fit Zone, Capodichino
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7-7:45 a.m. <b>Command PT/ Functional Training</b> with Donatella	7-7:45 a.m. <b>Command PT/ Functional Training</b> with Donatella	7-7:45 a.m. <b>Command PT/ Functional Training</b> with Donatella	7-7:45 a.m. <b>Command PT/ Functional Training</b> with Donatella	7-7:45 a.m. <b>Command PT/ Functional Training</b> with Donatella
11:05-11:50 a.m. <b>Yoga</b> with Elise		11:05-11:50 a.m. <b>Yoga</b> with Elise		
Noon-12:30 p.m. <b>Functional Express</b> with Donatella	12:15-1 p.m. <b>Functional Spin</b> with Vicky	Noon-12:30 p.m. <b>Functional Express</b> with Donatella	12:15-1 p.m. <b>Functional Spin</b> with Vicky	Noon-12:30 p.m. <b>Functional Express</b> with Donatella
3:30-4:15 p.m. <b>Strength Circuit</b> with Katie	3:30-4:15 p.m. <b>Pump</b> with Vicky	3:30-4:15 p.m. <b>Strength Circuit</b> with Katie	3:30-4:15 p.m. <b>Pump</b> with Vicky	

## Fitness Yurt, Carney Park

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