




GROUP FITNESS SCHEDULE

SUPPORT SITE FITNESS FORUM

Monday	Tuesday	Wednesday	Thursday	Friday
6:30-7:30 a.m. Command NOFFS PT by appointment	6:30-7:30 a.m. Command NOFFS PT by appointment	6:30-7:30 a.m. Command NOFFS PT by appointment	6:30-7:30 a.m. Command NOFFS PT by appointment	6:30-7:30 a.m. Command NOFFS PT by appointment
8:30-9:30 a.m. Fit Box with Vicky	8:30-9:30 a.m. Total Body Pump with Jenna	8:30-9:30 a.m. Indoor Cycling with Vicky	8:30-9:30 a.m. Total Body Pump with Jenna	8:30-9:30 a.m. Fit Box with Vicky
10-11 a.m. Family Boot Camp with Vicky		10-11 a.m. Family Boot Camp with Vicky	10-11 a.m. Pilates with Amelia	9:30-10:30 a.m. Strong HIIT with Amelia
11:30 a.m.-12:30 p.m. Fit Pump with Amelia	11:30 a.m.-12:30 p.m. Indoor Cycling with Jenna	11:30 a.m.-12:30 p.m. Fit Pump with Amelia	11:30 a.m.-12:30 p.m. Indoor Cycling with Jenna	10-11a.m. Zumba with Myriam
5-6 p.m. Circuit Training with Amelia	5-6 p.m. Strong HIIT with Amelia	5-6 p.m. Circuit Training with Amelia	5-6 p.m. Strong HIIT with Amelia	11:30 a.m.-12:30 p.m. Indoor Cycling with Vicky
6:30-7:30 p.m. Zumba with Myriam		6:30-7:30 p.m. Pilates with Amelia	6:30-7:30 p.m. Zumba with Jenna	

 www.facebook.com

AUGUST 2019

For current class descriptions and hours of operation,
inquire at the front desk or visit www.navymwrnaples.com.

Support Site Fitness Forum: 081-811-6604/6611 or DSN 629-6604/6611



GROUP FITNESS SCHEDULE



CAPODICHINO FIT ZONE

Monday	Tuesday	Wednesday	Thursday	Friday
6:30-7 a.m. Command PT with Donatella by appointment	5-7 a.m. Command PT with Donatella by appointment	5-7 a.m. Command PT with Donatella by appointment	6:30-7 a.m. Command PT with Donatella by appointment	5-7 a.m. Command PT with Donatella by appointment
7-7:30 a.m. Core Training with Donatella	7-7:45 a.m. Boot Camp with Donatella	7-7:45 a.m. TABATA with Donatella 11-11:30 a.m. Glutes and Legs with Donatella	7-7:45 a.m. Boot Camp with Donatella	7-7:30 a.m. Core Training with Donatella
11-11:30 a.m. Core Training with Donatella 11 a.m.-Noon METCON 3 with Jenifer	11-11:50 a.m. Total Body Functional with Donatella 11-11:50 a.m. Indoor Cycling with Vicky	11 a.m.-Noon METCON 3 with Jenifer	11-11:50 a.m. Circuit Training with Donatella 11-11:50 a.m. Indoor Cycling with Vicky	11a.m.-Noon METCON 3 with Jenifer
Noon-12:50 p.m. Yoga with Jenifer	4:30-5:30 p.m. Zumba with Myriam	Noon-12:50 p.m. Yoga with Jenifer		
	5-6 p.m. HIIT with Kelly	4:15-5:15 p.m. Gentle Yoga with Meditation with Jenifer		

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CARNEY PARK

Monday	Tuesday	Wednesday	Thursday	Friday
9:30-10:30 a.m. HIIT with Susie 10:45-11:45 a.m. Yoga with Susie	9:30-10:30 a.m. Barre with Susie 10:45-11:45 a.m. Yoga with Susie	9:30-10:30 a.m. Circuit Training with Susie 10:45-11:45 a.m. Yoga Sculpt with Susie	9:30-10:30 a.m. HIIT with Susie 10:45-11:45 a.m. Yoga with Susie	9:30-10:30 a.m. Barre with Susie 10:45-11:45 a.m. Yoga with Susie

AUGUST 2019

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Capo Fit Zone: 081-568-4266 or DSN 626-4266; Carney Park: Comm. 081-526-1579

