



August

GROUP FITNESS SCHEDULE

Fitness Forum, Support Site

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:30 a.m. Barre with Amelia Aerobics Room	7:15-8:15 a.m. Total Body Pump with Beth Aerobics Room	8:30-9:30 a.m. Barre with Amelia Aerobics Room	7:15-8:15 a.m. Total Body Pump with Beth Aerobics Room	8:30-9:30 a.m. Pilates with Emilia Aerobics Room
9:45-10:45 a.m. Fit Pump with Amelia Aerobics Room	11 a.m.-Noon Strong with Amelia Aerobics Room	8:30-9:30 a.m. Yoga with Wendy Racquetball Court	8:30-9:30 a.m. Pilates with Emilia Aerobics Room	9:45-10:45 a.m. Circuit Training with Amelia Aerobics Room
4-5 p.m. Zumba with Amelia Aerobics Room	4-5 p.m. Circuit Training with Amelia Aerobics Room	9:45-10:45 a.m. Fit Pump with Amelia Aerobics Room	Noon-1 p.m. Strong with Amelia Aerobics Room	11 a.m.-Noon Fit Pump with Amelia Aerobics Room
5:15-6:15 p.m. Functional Fitness with Vicky Aerobics Room		4-5 p.m. Zumba with Amelia Aerobics Room	4-5 p.m. Zumba with Amelia Aerobics Room	4-5 p.m. Fit Box with Vicky Aerobics Room
6:30-7:30 p.m. Spin with Vicky Basketball Court		5:15-6:15 p.m. Functional Core with Vicky Aerobics Room	5:15-6:15 p.m. Yoga with Wendy Aerobics Room	5:15-6:15 p.m. Functional Fitness with Vicky Aerobics Room
		6:30-7:30 p.m. Fit Box with Vicky Aerobics Room		

Class size is limited to **eight** participants on a first-come, first-served basis.
Open to all eligible MWR patrons 18 years and older.





August

GROUP FITNESS SCHEDULE

Capodichino, Fit Zone

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7-7:45 a.m. Core and Strength with Donatella* Basketball Court	7-7:45 a.m. Functional Circuit with Donatella* Basketball Court	7-7:45 a.m. Core and Strength with Donatella* Basketball Court	7-7:45 a.m. Functional Circuit with Donatella* Basketball Court	7-7:45 a.m. Core and Strength with Donatella* Basketball Court
11 a.m.-Noon HIIT Circuit with Donatella* Basketball Court	11 a.m.-Noon Spin with Vicky Spin Room	11 a.m.-Noon HIIT Circuit with Donatella* Basketball Court	11 a.m.-Noon Spin with Vicky Spin Room	11 a.m.-Noon HIIT Circuit with Donatella* Basketball Court
Noon-1 p.m Full Body Circuit with Donatella* Basketball Court	Noon-1 p.m Functional Core with Vicky Basketball Court	Noon-1 p.m Glutes and Core with Donatella* Basketball Court	Noon-1 p.m Functional Core with Vicky Basketball Court	Noon-1 p.m Glutes and Core with Donatella* Basketball Court

*Classes available Aug. 2-13.

Class size is limited to **eight** participants on a first-come, first-served basis.
Open to all eligible MWR patrons 18 years and older.

Carney Park, Fitness Yurt

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30-10:30 a.m. Barre with Susie	9:30-10:30 a.m. Upper Body Strength with Susie	9:30-10:30 a.m. Barre with Susie	9:30-10:30 a.m. Upper Body Strength with Susie	9:30-10:30 a.m. Barre with Susie
10:45-11:45 a.m. Stretch and Flexibility with Susie	10:45-11:45 a.m. Stretch and Flexibility with Susie	10:45-11:45 a.m. Stretch and Flexibility with Susie	10:45-11:45 a.m. Stretch and Flexibility with Susie	10:45-11:45 a.m. Stretch and Flexibility with Susie
6:30-7:30 p.m. Yoga with Susie		6:30-7:30 p.m. Yoga with Susie		

Class size is limited to **10** participants on a first-come, first-served basis.
Open to all eligible MWR patrons 18 years and older.