



JANUARY

GROUP FITNESS SCHEDULE

Support Site Fitness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6-7 a.m. Command PT by request	6-7 a.m. Command PT by request	6-7 a.m. Command PT by request	6-7 a.m. Command PT by request	6-7 a.m. Command PT by request
8:30-9:30 a.m. Functional Boot Camp with Vicky	8:30-9:30 a.m. Fit Pump with Amelia	6-7 a.m. Cycling with Sammy	8:30-9:30 a.m. Fit Pump with Amelia	6-7 a.m. Cycling with Sammy
8:30-9:30 a.m. Pilates with Emilia	9:45-10:45 a.m. Zumba® with Amelia	8:30-9:30 a.m. Fit Box with Vicky	9:45-10:45 a.m. Mobility and Stretching with Amelia	8:30-9:30 a.m. Circuit Training with Amelia
9:45-10:45 a.m. Fit Box with Vicky		8:45-9:30 a.m. Yoga Flow with Amelia		8:30-9:30 a.m. Pilates with Emilia
11 a.m.-Noon Cycling with Vicky	1-2 p.m. Yoga with Amanda	9:45-10:45 a.m. Fit Pump with Amelia	11 a.m.-Noon Circuit Training with Amelia	9:45-10:45 a.m. HIIT with Amelia
3-4 p.m. Functional Fitness @ Fit Box 9-12 grade students with Kacee	3-4 p.m. Weight Training 9-12 grade students with Kacee	11 a.m.-Noon Functional Boot Camp with Vicky	3-4 p.m. Weight Training 9-12 grade students with Kacee	11 a.m.-Noon Cycling with Sammy
4-5 p.m. Yoga with Amanda	3:20-4 p.m. Ballet 3-6 years	3-4 p.m. Functional Fitness 9-12 grade students with Kacee	3:20-4 p.m. Modern Dance 3-6 years	6-7 p.m. Cross Training @ Fit Box with Federico
5-6 p.m. Cycling with Sammy	4-5 p.m. Cycling with Sammy	4-5 p.m. Glutes and Core with Amelia	4-5 p.m. Cycling with Sammy	
5:30-6:30 p.m. Beginner Jiu-Jitsu 16 years and older	4-5 p.m. Ballet 7-9 years	4-5 p.m. Judo 5-9 years	4-5 p.m. Modern Dance 7-9 years	
6-7 p.m. Cross Training @ Fit Box with Federico	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. Advanced Jiu-Jitsu 16 years and older	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	
	7:30-8:30 p.m. Jiu-Jitsu 16 years and older		7:30-8:30 p.m. Jiu-Jitsu 16 years and older	
SATURDAY				
				8:30-9:30 a.m. Cycling with Sammy
				9:45-10:45 a.m. HIIT with Sammy
				11 a.m.-Noon Core with Sammy

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

For more information, call Support Site Fitness Center at 081-811-6604/DSN 629-6604.

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





JANUARY

GROUP FITNESS SCHEDULE

Capodichino Fitness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7-7:45 a.m. Command PT/ Functional Training with Donatella				
11:05-11:50 a.m. Yoga with Katie	11:30-12:30 p.m. Cycling with Sammy	11:05-11:50 a.m. Yoga with Katie	11:30-12:30 p.m. Cycling with Sammy	
Noon-12:30 p.m. Functional Express with Donatella	Noon-12:30 p.m. Functional Express with Katie	Noon-12:30 p.m. Functional Express with Donatella	Noon-12:30 p.m. Functional Express with Katie	Noon-12:30 p.m. Functional Express with Donatella

Fitness Yurt, Carney Park

MONDAY	TUESDAY	THURSDAY	FRIDAY
	9-10 a.m. Pump with Vicky	9-10 a.m. Pump with Vicky	9-10 a.m. Pump with Vicky
	10-11 a.m. Pump with Vicky	10-11 a.m. Pump with Vicky	10-11 a.m. Core with Vicky
	11 a.m.-Noon Core with Vicky	11 a.m.-Noon Core with Vicky	11 a.m.-Noon Mobility and Stretching with Vicky
5-6 p.m. Pump with Vicky			
6-7 p.m. Mobility and Stretching with Vicky			

For more information, call Capodichino Fitness Center at 081-568-4265/DSN 626-4265.

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