

**MAY**


**GROUP FITNESS SCHEDULE**


Support Site Fitness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6-7 a.m. <b>Command PT*</b> by request	6-7 a.m. <b>Command PT</b> by request	6-7 a.m. <b>Command PT</b> by request	6-7 a.m. <b>Command PT</b> by request	6-7 a.m. <b>Command PT</b> by request
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>Fit Box</b> with Vicky	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	9:45-10:45 a.m. <b>Zumba®</b> with Amelia	8:45-9:30 a.m. <b>Yoga Flow</b> with Amelia	9:45-10:45 a.m. <b>Mobility and Stretching</b> with Amelia	8:30-9:30 a.m. <b>Pilates</b> with Emilia
9:30-10:30 a.m. <b>Barbell 101*</b> with Federico		9:45-10:45 a.m. <b>Fit Pump</b> with Amelia	11 a.m.-Noon <b>Circuit Training</b> with Amelia	9:30-10:30 a.m. <b>Glutes and Core</b> with Amelia
9:45-10:45 a.m. <b>Fit Box*</b> with Vicky		11 a.m.-Noon <b>Functional Boot Camp</b> with Vicky		11 a.m.-Noon <b>Cycling</b> with Sammy
11 a.m.-Noon <b>Cycling*</b> with Vicky	1-2 p.m. <b>Yoga**</b> with Amanda			5-6 p.m. <b>Cycling</b> with Sammy
3-4 p.m. <b>Functional Fitness at Fit Box*</b> 7-12 grade students with Kacee	3-4 p.m. <b>Weight Training</b> 7-12 grade students with Kacee	3-4 p.m. <b>Functional Fitness at Fit Box</b> 7-12 grade students with Federico	3-4 p.m. <b>Weight Training</b> 7-12 grade students with Kacee	6-7 p.m. <b>Cross Training at Fit Box</b> with Federico
4-5 p.m. <b>Yoga*</b> with Amanda	3:20-4 p.m. <b>Ballet</b> 3-6 years	4-5 p.m. <b>Circuit Training</b> with Amelia	3:20-4 p.m. <b>Modern Dance</b> 3-6 years	
5-6 p.m. <b>Cycling*</b> with Sammy	4-5 p.m. <b>Ballet</b> 7-9 years	4-5 p.m. <b>Judo</b> 5-7 years	4-5 p.m. <b>Modern Dance</b> 7-9 years	
5:30-6:30 p.m. <b>Beginner Jiu-Jitsu*</b> 16 years and older	5-6 p.m. <b>Cycling</b> with Sammy	5-6 p.m. <b>Cycling</b> with Sammy	5-6 p.m. <b>Cycling</b> Sammy	
6-7 p.m. <b>Cross Training at Fit Box*</b> with Federico	5-6 p.m. <b>Ballet</b> 10-17 years	5-6 p.m. <b>Judo</b> 8-10 years	5-6 p.m. <b>Modern Dance</b> 10-17 years	
6:30-7:30 p.m. <b>Advanced Jiu-Jitsu*</b> 16 years and older	6:30-7:30 p.m. <b>Jiu-Jitsu</b> 5-15 years	6-7:15 p.m. <b>Judo</b> 11-17 years	6:30-7:30 p.m. <b>Jiu-Jitsu</b> 5-15 years	
	7:30-8:30 p.m. <b>Jiu-Jitsu</b> 16 years and old		7:30-8:30 p.m. <b>Jiu-Jitsu</b> 16 years and older	
				<b>SATURDAY</b>
				8:30-9:30 a.m. <b>Cycling</b> with Sammy
				9:45-10:45 a.m. <b>Core</b> with Sammy
				11 a.m.-Noon <b>HIIT</b> with Sammy

\*No class May 25  
\*\*No class May 12 and 26

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

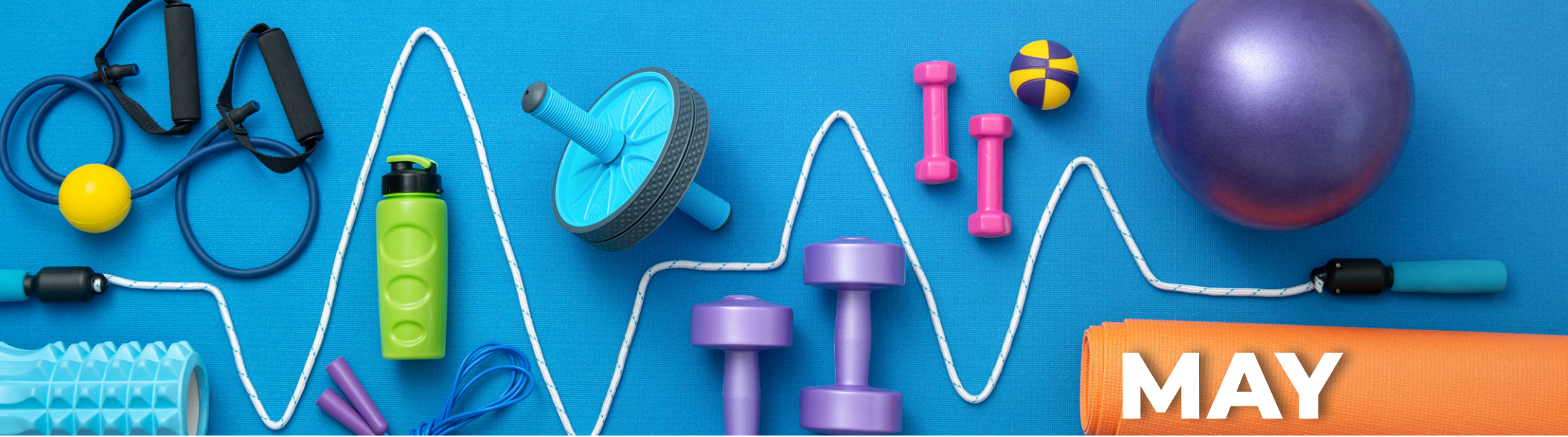
Fee based class descriptions 

Support Site Group exercise class descriptions 

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

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





**MAY**

**GROUP FITNESS SCHEDULE**

Capodichino Fitness Center

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
		7-7:45 a.m. <b>Early Rise Yoga**</b> at Tennis Court with Katie		
11:05-11:50 a.m. <b>Yoga Flow*</b> with Katie	11:30 a.m.-12:30 p.m. <b>Cycling</b> with Sammy		11:30 a.m.-12:30 p.m. <b>Cycling</b> with Sammy	11:05-11:50 a.m. <b>Slow Flow</b> with Katie
Noon-12:30 p.m. <b>Functional Express*</b> with Donatella	Noon-12:30 p.m. <b>Strength and Sculpt</b> with Katie	Noon-12:30 p.m. <b>Functional Express</b> with Donatella	Noon-12:30 p.m. <b>Movement Lab</b> with Katie	Noon-12:30 p.m. <b>Functional Express</b> with Donatella
	3:30-4:15 p.m. <b>Strength and Sculpt</b> with Katie		3:30-4 p.m. <b>Stretch and Release</b> with Katie	

\*No class on May 25

\*\*Class on May 6 and 20 only

Capodichino  
Group exercise  
class descriptions



**Fitness Yurt, Carney Park**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9-10 a.m. <b>Pump</b> with Vicky		9-10 a.m. <b>Pump</b> with Vicky	
	10-11 a.m. <b>Pump</b> with Vicky		10-11 a.m. <b>Pump</b> with Vicky	
	11 a.m.-Noon <b>Core</b> with Vicky		11 a.m.-Noon <b>Core</b> with Vicky	

Carney Park  
Group exercise  
class descriptions



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

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

