

JULY

GROUP FITNESS SCHEDULE

Fitness Forum, Support Site

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:30 a.m. Pilates with Emilia	8:30-9:30 a.m. Fit Pump with Amelia	8:30-9:30 a.m. Fit Box with Vicky	8:30-9:30 a.m. Fit Pump with Amelia	8:30-9:30 a.m. Pilates with Emilia
8:30-9:30 a.m. Spin with Sammy	9:45-10:45 a.m. Hatha Yoga with Doug	8:30-9:30 a.m. Spin with Sammy	9:45-10:45 a.m. Barre with Amelia	8:30-9:30 a.m. Spin with Sammy
9:45-10:45 a.m. Circuit Training with Amelia	11 a.m.-Noon Strong with Amelia	9:45-10:45 a.m. Functional Boot Camp with Vicky	11 a.m.-Noon Glutes and Core with Amelia	9:45-10:45 a.m. Strong with Amelia
11 a.m.-Noon Fit Pump with Amelia	4-5 p.m. Circuit Training with Amelia	11 a.m.-Noon Fit Pump with Amelia	4-5 p.m. Circuit Training with Amelia	11 a.m.-Noon Glutes and Core with Amelia
4-5 p.m. Zumba with Amelia	5:15-6:15 p.m. Spin with Carmina	4-5 p.m. Zumba with Amelia	5:15-6:15 p.m. Spin with Carmina	4-5 p.m. Fit Box with Vicky
5:15-6:15 p.m. Fitbox with Vicky	5:15-6:15 p.m. Zumba with Erna	5:15-6:15 a.m. Hatha Yoga with Doug	6:30-7:30 p.m. Yoga Flow with Carmina	5:15-6:15 p.m. Functional Circuit with Vicky
6:30-7:30 p.m. Functional Circuit with Vicky	6:30-7:30 p.m. Yoga Flow with Carmina			

SATURDAY
9-10 a.m. Zumba with Erna
10-11 a.m. Spin with Carmina

Open to all eligible MWR patrons 18 years and older.

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

GROUP FITNESS SCHEDULE

Fit Zone, Capodichino

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7-7:45 a.m. Functional Fitness with Donatella	7-7:45 a.m. Functional Fitness with Donatella	7-7:45 a.m. Functional Fitness with Donatella	7-7:45 a.m. Functional Fitness with Donatella	7-7:45 a.m. Functional Fitness with Donatella
11 a.m.-Noon HIIT Circuit with Donatella	11-11:50 a.m. Spin with Vicky	11:15 a.m.-12:15 p.m. Yoga with Erna	11-11:50 a.m. Spin with Vicky	11 a.m.-Noon HIIT Circuit with Michelle
11:15 a.m.-12:15 p.m. Yoga with Erna	Noon-12:45 p.m. Functional Core with Vicky	12:15-12:45 p.m. Glutes and Core Express with Donatella	Noon-12:45 p.m. Functional Core with Vicky	12:15-12:45 p.m. Functional Core Express with Michelle
12:15-12:45 p.m. Functional Core Express with Donatella	12:50-1:50 p.m. Water Aerobics with Vicky	3-4 p.m. Total Body with Michelle	12:50-1:50 p.m. Water Aerobics with Vicky	
3-4 p.m. Glutes and Core with Michelle	3-4 p.m. Total Body Pump with Arlene	4:30-5:30 p.m. Glutes and Core with Michelle	3-4 p.m. Body Pump with Sammy	
	4-4:30 p.m. Core with Arlene			
	4:30-5:30 p.m. Yoga with Arlene			

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For more information, call Capodichino Fit Zone at 081-568-4266/DSN 626-4266.

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