GROUP FITNESS SCHEDULE

Support Site Fitness Center

MONDAY

6-7 a.m.
Command PT
by request

8:30-9:30 a.m.
Functional Boot Camp[1]
with Vicky

8:30-9:30 a.m.
Pilates
with Emilia

9:30-10:30 a.m.
Barbell 101
with Federico

9:45-10:45 a.m.
Fit Box[1]
with Vicky

11 a.m-Noon
Family Fitness[2], [3]
with Vicky

11 a.m.-Noon
Teen Strength and Conditioning
(Teens in grades 7-12)
with Kacee

4-5 p.m.
Yoga[4]
with Amanda

5:15-6 p.m.
Cycling[4]
with Amanda

5:30-6:30 p.m.
Beginner Jiu-Jitsu[5]†
16 years and older

6:30-7:30 p.m.
Advanced Jiu-Jitsu[5]†
16 years and older

TUESDAY

6-7 a.m.
Command PT
by request

8:30-9:30 a.m.
Fit Pump[6]
with Amelia

9:30-10:30 a.m.
Parent Power Hour
with Kacee
Family Fitness Room
at Support Site CDC

9:45-10:45 a.m.
Zumba®[7]
with Amelia

9:30-11 a.m.
Teen Volleyball Workshop*
(Teens in grades 7-12)
with Chaffee

11 a.m.-Noon
Teen Strength and Conditioning
(Teens in grades 7-12)
with Kacee

1-2 p.m.
Yoga
with Amanda

3:30-4:30 p.m.
Restorative Yoga Flow
with Amanda

Tuesday, July 28
3:30-5:15 p.m.
Hot for Hatha
Sip 'n Stretch event

6:30-7:30 p.m.
Jiu-Jitsu†
5-15 years

7:30-8:30 p.m.
Jiu-Jitsu†
16 years and old

WEDNESDAY

6-7 a.m.
Command PT
by request

8:30-9:30 a.m.
Fit Box[1]
with Vicky

8:45-9:30 a.m.
Family Flow Yoga
with Amelia

9:45-10:45 a.m.
Fit Pump[6]
with Amelia

11 a.m.-Noon
Weight Training
with Vicky

11 a.m.-Noon
Teen Strength and Conditioning
(Teens in grades 7-12)
with Kacee

4-5 p.m.
Circuit Training
with Amelia

5:30-6:30 p.m.
Beginner Jiu-Jitsu[8]†
16 years and older

6:30-7:30 p.m.
Advanced Jiu-Jitsu[8]†
16 years and older

THURSDAY

6-7 a.m.
Command PT
by request

8:30-9:30 a.m.
Fit Pump[6]
with Amelia

9:30-10:30 a.m.
Parent Power Hour
with Kacee
Family Fitness Room
at Support Site CDC

9:45-10:45 a.m.
Mobility and Stretching[9]
with Amelia

9:30-11 a.m.
Teen Volleyball Workshop*
(Teens in grades 7-12)
with Chaffee

11 a.m.-Noon
Circuit Training[10]
with Amelia

11 a.m.-Noon
Teen Strength and Conditioning
(Teens in grades 7-12)
with Kacee

6:30 p.m.
Iron and Ash Run Club
begins July 9

6:30-7:30 p.m.
Jiu-Jitsu†
5-15 years

7:30-8:30 p.m.
Jiu-Jitsu†
16 years and older

FRIDAY

6-7 a.m.
Command PT
by request

8:30-9:30 a.m.
Circuit Training[11]
with Amelia

8:30-9:30 a.m.
Pilates
with Emilia

9:30-10:30 a.m.
Barbell 101
with Federico

9:30-10:30 a.m.
Glutes and Core[11]
with Amelia

No classes July 3
[1]No class July 27 and 29
[2]No class July 27
[3]Open to all families
(must follow patron and youth protocols)
[4]No class July 20
[5]No class July 6 (rescheduled to July 8)
[6]No class July 7, 8, 30 and 31
[7]No class July 7
[8]Class held July 8 only
[9]No class July 30
[10]No class July 30 and 31
[11]No class July 31
†No classes week of July 20-24
*Requires registration

Fee-based class. Go to https://myffr.navyaims.com to register and pay.

Fee based class descriptions

Support Site Group exercise class descriptions

GROUP FITNESS SCHEDULE

Capodichino Fitness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7-7:45 a.m. **Command PT/ Functional Training** with Donatella	7-7:45 a.m. **Command PT/ Functional Training** with Donatella	7-7:45 a.m. **Command PT/ Functional Training** with Donatella	6:45-7:30 a.m. **Cycling** with Amanda	7-7:45 a.m. **Command PT/ Functional Training** with Donatella
11:05-11:50 a.m. **Yoga Flow** with Katie	Noon-12:30 p.m. **Strength and Sculpt** with Katie	7-7:45 a.m. **Early Rise Yoga[1]** at Tennis Court with Katie	7-7:45 a.m. **Command PT/ Functional Training** with Donatella	11:05-11:50 a.m. **Slow Flow** with Katie
Noon-12:30 p.m. **Functional Express** with Donatella	3:30-4 p.m. **Strength and Sculpt** with Katie	11:05-11:50 a.m. **Yoga Flow** with Katie	Noon-12:30 p.m. **Movement Lab** with Katie	Noon-12:30 p.m. **Functional Express** with Donatella
		11:30-12:15 p.m. **Cycling[2]** with Amanda		
		Noon-12:30 p.m. **Functional Express** with Donatella		

No classes July 3

[1]Class held July 8 and 22 only
[2]No class July 22

Capodichino Group exercise class descriptions

Fitness Yurt, Carney Park

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9-10 a.m. **Pump** with Vicky		9-10 a.m. **Pump** with Vicky	
	10-11 a.m. **Core** with Vicky		10-11 a.m. **Core** with Vicky	
	11 a.m.-Noon **Family Fitness*** with Vicky		11 a.m.-Noon **Family Fitness*** with Vicky	

No classes July 28 and 30
*Open to all families

Carney Park Group exercise class descriptions

For more information, call Capodichino Fitness Center at 081-568-4265/DSN 626-4265.
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MWR MORALE, WELFARE AND RECREATION FITNESS