



NOVEMBER

GROUP FITNESS SCHEDULE

Fit Zone, Capodichino

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7-7:45 a.m. Functional Circuit with Donatella	7-7:45 a.m. Functional Circuit with Donatella	7-7:45 a.m. Functional Circuit with Donatella	7-7:45 a.m. Functional Circuit with Donatella	7-7:45 a.m. Functional Circuit with Donatella
11-11:45 a.m. Yoga with Elise		11-11:45 a.m. Yoga with Elise		
Noon-12:30 p.m. Functional Core Express with Donatella		Noon-12:30 p.m. Glutes and Core with Donnatella		Noon-12:30 p.m. Glutes and Core with Donnatella
	12:15-1 p.m. Functional Spin with Vicky		12:15-1 p.m. Functional Spin with Vicky	
	3:30-4:15 p.m. Pump with Vicky		3:30-4:15 p.m. Pump with Vicky	

Fitness Yurt, Carney Park

TUESDAY	THURSDAY
8-9 a.m. Mobility and Stretching with Vicky	8-9 a.m. Mobility and Stretching with Vicky
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

Open to all eligible MWR patrons 18 years and older.

For more information, call Capodichino Fit Zone at 081-568-4265/DSN 626-4265.

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