



DECEMBER

GROUP FITNESS SCHEDULE

Fitness Forum, Support Site

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

No classes Dec. 24, 25, 26 and 31 and Jan. 1

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





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GROUP FITNESS SCHEDULE				Fitness Forum, Support Site
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	7-7:45 a.m. Command PT/ Functional Training with Donatella	7-7:45 a.m. Command PT/ Functional Training with Donatella
11:05-11:50 a.m. Yoga with Elise		11:05-11:50 a.m. Yoga with Elise		
11:15-12:15 p.m. Cycling with Sammy		11:15-12:15 p.m. Cycling with Sammy		Noon-12:30 p.m. Functional Express with Donatella
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	

No classes Dec. 24, 25, 26 and 31 and Jan. 1

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. Core 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. Sunset Stretch with Vicky				

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