



AUGUST

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				8:30-9:30 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. Barre with Amelia	9:45-10:45 a.m. Strong with Amelia
11 a.m.-Noon Glutes and Core with Amelia		11 a.m.-Noon Functional Boot Camp with Vicky	11 a.m.-Noon Circuit Training with Amelia	
	4-5 p.m. Circuit Training with Amelia	4-5 p.m. Glutes and Core with Amelia		

SATURDAY

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

9:45-10:45 a.m.
Interval Cycling
with Vicky

Open to all eligible MWR patrons 18 years and older.



Fit Zone, Capodichino

MONDAY

7-7:45 a.m.
Functional Circuit*
with Donatella

Noon-12:30 p.m.
**Functional Core
Express***
with Donatella

TUESDAY

7-7:45 a.m.
Functional Circuit*
with Donatella

WEDNESDAY

7-7:45 a.m.
Functional Circuit*
with Donatella

Noon-12:30 p.m.
Glutes and Core*
with Donatella

THURSDAY

7-7:45 a.m.
Functional Circuit*
with Donatella

FRIDAY

7-7:45 a.m.
Functional Circuit*
with Donatella

*No class Aug. 12-30

Fitness Yurt, Carney Park

TUESDAY

8:30-9:30 a.m.
Tabata
with Vicky

9:30-10:30 a.m.
Functional Bootcamp
with Vicky

10:30-11:30 a.m.
Core and Glutes
with Vicky

THURSDAY

8:30-9:30 a.m.
Tabata
with Vicky

9:30-10:30 a.m.
Functional Bootcamp
with Vicky

10:30-11:30 a.m.
Core and Glutes
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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