



JULY

GROUP FITNESS SCHEDULE

Fitness Forum, Support Site

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:15-8:15 a.m. Yoga with Doug Aerobics Room	7:15-8:15 a.m. Total Body Pump with Beth Basketball Court	8:30-9:30 a.m. Barre with Amelia Aerobics Room	7:15-8:15 a.m. Total Body Pump with Beth Basketball Court	8:30-9:30 a.m. Pilates with Emilia Aerobics Room
8:30-9:30 a.m. Barre with Amelia Aerobics Room	7:15-8:15 a.m. Yoga with Doug Aerobics Room	8:30-9:30 a.m. Spin with Franco Basketball Court	8:30-9:30 a.m. Pilates with Emilia Aerobics Room	8:30-9:30 a.m. Spin with Sara Basketball Court
8:30-9:30 a.m. Spin with Franco Basketball Court	8:30-9:30 a.m. Spin with Sara Basketball Court	8:30-9:30 a.m. Yoga with Wendy Racquetball Court	8:30-9:30 a.m. Spin with Sara Basketball Court	9:45-10:45 a.m. Circuit Training with Amelia Basketball Court
9:45-10:45 a.m. Fit Pump with Amelia Basketball Court	9:45-10:45 a.m. Pump with Sara Basketball Court	9:45-10:45 a.m. Fit Pump with Amelia Basketball Court	9:45-10:45 a.m. Pump with Sara Basketball Court	11 a.m.-Noon Fit Pump with Amelia Aerobics Room
11 a.m.-Noon Spin with Maria Teresa Basketball Court	11 a.m.-Noon Strong with Amelia Aerobics Room	11 a.m.-Noon Spin with Maria Teresa Basketball Court	11 a.m.-Noon Spin with Maria Teresa Basketball Court	11 a.m.-Noon Spin with Maria Teresa Basketball Court
4-5 p.m. Zumba with Amelia Basketball Court	4-5 p.m. Circuit Training with Amelia Aerobics Room	4-5 p.m. Zumba with Amelia Basketball Court	Noon-1 p.m. Strong with Amelia Aerobics Room	4-5 p.m. Fit Box with Vicky Aerobics Room
5:15-6:15 p.m. Functional Fitness with Vicky Basketball Court		5:15-6:15 p.m. Functional Core with Vicky Basketball Court	4-5 p.m. Zumba with Amelia Basketball Court	5:15-6:15 p.m. Functional Fitness with Vicky Aerobics Room
6:30-7:30 p.m. Spin with Vicky Basketball Court		6:30-7:30 p.m. Fit Box with Vicky Aerobics Room	6:30-7:30 p.m. Yoga with Wendy Aerobics Room	

Class size is limited to **eight** participants on a first-come, first-served basis.
Open to all eligible MWR patrons 18 years and older.



JULY

GROUP FITNESS SCHEDULE

Capodichino, Fit Zone

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7-8 a.m. Core and Strength with Donatella Basketball Court	7-8 a.m. Functional Circuit with Donatella Basketball Court	7-8 a.m. Core and Strength with Donatella Basketball Court	7-8 a.m. Functional Circuit with Donatella Basketball Court	7-8 a.m. Core and Strength with Donatella Basketball Court
11 a.m.-Noon HIIT Circuit with Donatella Basketball Court	11 a.m.-Noon Spin with Vicky Spin Room	11 a.m.-Noon HIIT Circuit with Donatella Basketball Court	11 a.m.-Noon Spin with Vicky Spin Room	11 a.m.-Noon HIIT Circuit with Donatella Basketball Court
Noon-1 p.m Full Body Circuit with Donatella Basketball Court	Noon-1 p.m Functional Core with Vicky Basketball Court	Noon-1 p.m Glutes and Core with Donatella Basketball Court	Noon-1 p.m Functional Core with Vicky Basketball Court	Noon-1 p.m Glutes and Core with Donatella Basketball Court

Class size is limited to **eight** participants on a first-come, first-served basis.
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Carney Park, Fitness Yurt

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30-10:30 a.m. Barre with Susie	9:30-10:30 a.m. Upper Body Strength with Susie	9:30-10:30 a.m. Barre with Susie	9:30-10:30 a.m. Upper Body Strength with Susie	9:30-10:30 a.m. Barre with Susie
10:45-11:45 a.m. Stretch and Flexibility with Susie	10:45-11:45 a.m. Stretch and Flexibility with Susie	10:45-11:45 a.m. Stretch and Flexibility with Susie	10:45-11:45 a.m. Stretch and Flexibility with Susie	10:45-11:45 a.m. Stretch and Flexibility with Susie
	Noon-1 p.m. Zumba with Maria Teresa			
6:30-7:30 p.m. Yoga with Susie		6:30-7:30 p.m. Yoga with Susie		

Class size is limited to **10** participants on a first-come, first-served basis.
Open to all eligible MWR patrons 18 years and older.

