

# August

## GROUP FITNESS SCHEDULE

Fit Zone, Capodichino

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7-7:45 a.m. <b>Functional Circuit</b> with Donatella	7-7:45 a.m. <b>Functional Circuit</b> with Donatella	7-7:45 a.m. <b>Core and Strength</b> with Donatella	7-7:45 a.m. <b>Functional Circuit</b> with Donatella	7-7:45 a.m. <b>Functional Circuit</b> with Donatella
11 a.m.-Noon <b>HIIT Circuit</b> with Donatella	11 a.m.-Noon <b>Spin</b> with Sammy	11:15 a.m.-12:15 p.m. <b>Yoga</b> with Erna	11 a.m.-Noon <b>Spin</b> with Sammy	11 a.m.-Noon <b>HIIT Circuit</b> with Michelle
11:15 a.m.-12:15 p.m. <b>Yoga</b> with Erna	3-4 p.m. <b>Total Body Pump</b> with Arlene	12:15-12:45 p.m. <b>Glutes and Core Express</b> with Donatella	Noon-12:45 p.m. <b>Functional Core</b> with Sammy	12:15-12:45 p.m. <b>Functional Core Express</b> with Michelle
12:15-12:45 p.m. <b>Functional Core Express</b> with Donatella	4-4:30 p.m. <b>Core Express</b> with Arlene	3-4 p.m. <b>Total Body</b> with Michelle	3-4 p.m. <b>Total Body Pump</b> with Sammy	
3-4 p.m. <b>Glutes and Core</b> with Michelle	4:30-5:30 p.m. <b>Yoga</b> with Arlene	4:30-5 p.m. <b>Glutes and Core Express</b> with Michelle		

Fitness Yurt, Carney Park

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	8:15-9:15 a.m. <b>Barre</b> with Erna	8:15-9:15 a.m. <b>Circuit Training</b> with Erna	8:15-9:15 a.m. <b>Body Sculpt</b> with Erna	

Open to all eligible MWR patrons 18 years and older.

For more information, call Capodichino Fit Zone at 081-568-4266 / DSN 568-4266.

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