# August

## GROUP FITNESS SCHEDULE

### MONDAY
- **8:30-9:30 a.m.** Pilates with Emilia  
  Aerobics Room
- **8:30-9:30 a.m.** Fit Pump with Amelia  
  Aerobics Room
- **9:45-10:45 a.m.** Circuit Training with Amelia  
  Aerobics Room
- **11 a.m.-Noon** Fit Pump with Amelia  
  Aerobics Room
- **4-5 p.m.** Zumba with Amelia  
  Aerobics Room
- **6:30-7:30 p.m.** Yoga Flow with Carmina  
  Aerobics Room

### TUESDAY
- **8:30-9:30 a.m.** Pilates with Emilia  
  Aerobics Room
- **8:30-9:30 a.m.** Fit Pump with Sammy  
  Spin Room
- **9:45-10:45 a.m.** Strong with Amelia  
  Aerobics Room
- **4-5 p.m.** Circuit Training with Amelia  
  Aerobics Room
- **4-5 p.m.** Zumba with Amelia  
  Aerobics Room

### WEDNESDAY
- **8:30-9:30 a.m.** Spin with Sammy  
  Aerobics Room
- **8:30-9:30 a.m.** Spin with Sammy  
  Aerobics Room
- **9:45-10:45 a.m.** Fit Pump with Amelia  
  Aerobics Room
- **11 a.m.-Noon** Glutes and Core with Amelia  
  Aerobics Room
- **5:15-6:15 p.m.** Yoga Flow with Carmina  
  Aerobics Room

### THURSDAY
- **8:30-9:30 a.m.** Pilates with Emilia  
  Aerobics Room
- **8:30-9:30 a.m.** Fit Pump with Amelia  
  Aerobics Room
- **9:45-10:45 a.m.** Barre with Amelia  
  Aerobics Room
- **4-5 p.m.** Circuit Training with Amelia  
  Aerobics Room
- **6:30-7:30 p.m.** Yoga Flow with Carmina  
  Aerobics Room

### FRIDAY
- **8:30-9:30 a.m.** Pilates with Emilia  
  Aerobics Room
- **8:30-9:30 a.m.** Fit Pump with Amelia  
  Aerobics Room
- **9:45-10:45 a.m.** Barre with Amelia  
  Aerobics Room
- **11 a.m.-Noon** Glutes and Core with Amelia  
  Aerobics Room
- **9:45-10:45 a.m.** Spin with Carmina  
  Spin Room

### SATURDAY
- **10-11 a.m.** Spin with Carmina  
  Spin Room

Open to all eligible MWR patrons 18 years and older.

For more information, call Support Site Fitness Forum at 081-811-6604/DSN 629-6604.  
Connect with MWR 24/7, [www.navymwrnaples.com](http://www.navymwrnaples.com)  
[www.facebook.com/mwrnaples](http://www.facebook.com/mwrnaples)