

September Fitness

Off base Group Exercise

Location: Hotel Serapo

Sign up and make payment at
MWR Fleet Recreation Center
Customer Service Desk.

Classes are at a reduced fee.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9 a.m.	Zumba	Total Body	Pilates	Aerobic Dance	Pilates	Pilates & Stretch
10 a.m.	Life Pump	Pilates	Life Pump	Pilates	Total Body	Life Pump
5:30 p.m.	Postural Back School		Low Impact	Functional Circuit	Postural Back School	
6:30 p.m.	Step & Tone	Functional Circuit	Pilates	Functional Circuit	Total Body	
7:30 p.m.	Pilates & Tone	Life Pump	Total Body	Pilates & Stretch	Life Pump	
8:30 p.m.			Postural Back School		Pilates	



On base Group Exercise

Location: Fleet Landing (meet at the Fitness Center)

Thursdays - 9 a.m. Fitness Center

Functional Circuit and Total Body, with Fitness Instructor, Vincenzo Mazzola.

Class is free and open to MWR-eligible patrons

For details, call 081-568-8357 / DSN 626-8357

