

AUGUST

GROUP FITNESS SCHEDULE

Support Site Fitness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:30 a.m. Functional Boot Camp with Vicky	8:30-9:30 a.m. Fit Pump⁶ with Amelia	8:30-9:30 a.m. Fit Box with Vicky	8:30-9:30 a.m. Fit Pump⁶ with Amelia	8:30-9:30 a.m. Circuit Training with Amelia
8:30-9:30 a.m. Pilates¹ with Emilia	9:45-10:45 a.m. Zumba^{®7} with Amelia	8:45-9:30 a.m. Family Flow Yoga with Amelia	9:45-10:45 a.m. Mobility and Stretching with Amelia	8:30-9:30 a.m. Pilates¹ with Emilia
9:30-10:30 a.m. Barbell 101 with Federico	11 a.m.-Noon Teen Strength and Conditioning² (Teens in grades 7-12) with Kacee	9 a.m. Back to School 5k Thursday, Aug. 6 Central Park	11 a.m.-Noon Circuit Training with Amelia	9:30-10:30 a.m. Barbell 101 with Federico
9:45-10:45 a.m. Fit Box with Vicky	1-2 p.m. Yoga³ with Amanda	9:45-10:45 a.m. Fit Pump⁶ with Amelia	11 a.m.-Noon Teen Strength and Conditioning² (Teens in grades 7-12) with Kacee	9:30-10:30 a.m. Glutes and Core¹⁴ with Amelia
11 a.m.-Noon Family Fitness at Central Park with Vicky	3-4 p.m. Ballet⁸ (3-6 year olds)	11 a.m.-Noon Weight Training with Vicky	3-4 p.m. Modern Dance¹³ (3-6 years old)	
11 a.m.-Noon Teen Strength and Conditioning² (Teens in grades 7-12) with Kacee	3:30-4:30 p.m. Restorative Yoga Flow⁹ with Amanda	11 a.m.-Noon Teen Strength and Conditioning² (Teens in grades 7-12) with Kacee	4-5 p.m. Modern Dance¹³ (7-9 years old)	
4-5 p.m. Yoga³ with Amanda	3:30-5:15 p.m. 108 Sun Salutations "Sip 'n Stretch Series" Tuesday, Aug. 25	4-5 p.m. Circuit Training¹¹ with Amelia	5-6 p.m. Modern Dance¹³ (10-17 years old)	
5:15-6 p.m. Cycling⁴ with Amanda	4-5 p.m. Ballet⁸ (7-9 years old)	5:30-6:30 p.m. Jiu-Jitsu¹² (16 years and older)	6:30 p.m. Iron and Ash Run Club	
5:30-6:30 p.m. Beginner Jiu-Jitsu⁵ (16 years and older)	5-6 p.m. Ballet⁸ (10-17 years old)	6:30-7:30 p.m. Jiu-Jitsu¹² (16 years and older)	6:30-7:30 p.m. Jiu-Jitsu¹⁴ (5-15 years)	
6:30-7:30 p.m. Advanced Jiu-Jitsu⁵ (16 years and older)	6:30-7:30 p.m. Jiu-Jitsu¹⁰ (5-15 years old)		7:30-8:30 p.m. Jiu-Jitsu¹⁴ (16 years and older)	
	7:30-8:30 p.m. Jiu-Jitsu¹⁰ (16 years and older)			

¹Fitness on Demand Aug. 14 and 17
²Classes held weeks of Aug. 3 and Aug. 10. No classes weeks of Aug. 17, Aug. 24 and Aug. 31. Classes will resume in September after school.
³Fitness on Demand Aug. 10 and 11
⁴No class Aug. 10
⁵No class Aug. 24, make up class Aug. 5, 12 or 19
⁶Fitness on Demand Aug. 4, 5 and 6
⁷Fitness on Demand Aug. 4
⁸Class Aug. 18 only
⁹Fitness on Demand Aug. 11
¹⁰No class Aug. 25, makeup class Aug. 5, 12 or 19
¹¹Fitness on Demand Aug. 5
¹²No class Aug. 26, makeup class Aug. 5, 12 or 19
¹³Class Aug. 20 only
¹⁴No class Aug. 20, make up class Aug. 5, 12 or 19

Command PT
by request
Please schedule with
front desk staff.

Fee-based class. Go to <https://myffr.navyaims.com> to register and pay.

Fee based class
descriptions



Support Site
Group exercise
class descriptions



For more information, call Capodichino Fitness Center at 081-568-4265/DSN 626-4265.

Connect with MWR 24/7, navymwrnaples.com  www.facebook.com/mwrnaples  [nsanaplesMWR](https://www.instagram.com/nsanaplesMWR)



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			6:30-7:15 a.m. Cycling¹ with Amanda	
7-7:45 a.m. Functional Training¹	7-7:45 a.m. Functional Training¹	7-7:45 a.m. Functional Training¹	7-7:45 a.m. Functional Training¹	7-7:45 a.m. Functional Training¹
11:05-11:50 a.m. Yoga Flow with Katie		11:05-11:50 a.m. Yoga Flow with Katie		11:05-11:50 a.m. Slow Flow with Katie
		11:30-12:15 p.m. Cycling² with Amanda		
Noon-12:30 p.m. Functional Express	Noon-12:30 p.m. Strength and Sculpt with Katie	Noon-12:30 p.m. Functional Express	Noon-12:30 p.m. Movement Lab with Katie	Noon-12:30 p.m. Functional Express

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¹ No class weeks of Aug. 20 and Aug. 27
² No class Aug. 12 and 13

Capodichino
Group exercise
class descriptions



Fitness Yurt, Carney Park

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9-10 a.m. Pump with Vicky		9-10 a.m. Pump with Vicky	
	10-11 a.m. Core with Vicky		10-11 a.m. Core with Vicky	
	11 a.m.-Noon Family Fitness* with Vicky		11 a.m.-Noon Family Fitness* with Vicky	

*Open to all families

Carney Park
Group exercise
class descriptions

