

# SEPTEMBER

## GROUP FITNESS SCHEDULE

Fitness Forum, Support Site

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:30 a.m. <b>Pilates</b> with Emilia	6-6:45 a.m. <b>Hatha Yoga</b> with Doug	8:30-9:30 a.m. <b>Barre</b> with Arlene	8:30-9:30 a.m. <b>Fit Pump</b> with Amelia	8:30-9:30 a.m. <b>Pilates</b> with Emilia
8:30-9:30 a.m. <b>Spin</b> with Sammy	8:30-9:30 a.m. <b>Fit Pump</b> with Amelia	8:30-9:30 a.m. <b>Spin</b> with Sammy	9:45-10:45 a.m. <b>Barre</b> with Amelia	8:30-9:30 a.m. <b>Spin</b> with Sammy
9:45-10:45 a.m. <b>Circuit Training</b> with Amelia	9:45-10:45 a.m. <b>Strong</b> with Amelia	9:45-10:45 a.m. <b>Fit Pump</b> with Amelia	4-5 p.m. <b>Circuit Training</b> with Amelia	9:45-10:45 a.m. <b>Strong</b> with Amelia
11 a.m.-Noon <b>Fit Pump</b> with Amelia	5:15-6:15 p.m. <b>Spin</b> with Carmina	11 a.m.-Noon <b>Glutes and Core</b> with Amelia	5:15-6:15 p.m. <b>Spin</b> with Carmina	11 a.m.-Noon <b>Glutes and Core</b> with Amelia
4-5 p.m. <b>Zumba</b> with Amelia	5:15-6:15 p.m. <b>Zumba</b> with Erna	4-5 p.m. <b>Zumba</b> with Amelia	6:30-7:30 p.m. <b>Yoga Flow</b> with Carmina	
	6:30-7:30 p.m. <b>Yoga Flow</b> with Carmina	5:15-6:15 p.m. <b>Hatha Yoga</b> with Doug		

### SATURDAY

10-11 a.m.  
**Spin**  
with Carmina

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](https://www.facebook.com/mwrnaples)



# SEPTEMBER

## Fit Zone, Capodichino

### MONDAY

7-7:45 a.m.  
**Functional Fitness**  
with Donatella

11 a.m.-Noon  
**HIIT Circuit**  
with Donatella

11:15 a.m.-12:15 p.m.  
**Yoga**  
with Erna

12:15-12:45 p.m.  
**Functional Core Express**  
with Donatella

3-4 p.m.  
**Glutes and Core**  
with Michelle

### TUESDAY

7-7:45 a.m.  
**Functional Fitness**  
with Donatella

11 a.m.-Noon  
**Spin**  
with Sammy

3-4 p.m.  
**Total Body Pump**  
with Arlene

4-4:30 p.m.  
**Core**  
with Arlene

4:30-5:30 p.m.  
**Yoga**  
with Arlene

### WEDNESDAY

7-7:45 a.m.  
**Core and Strength**  
with Donatella

11:15 a.m.-12:15 p.m.  
**Yoga**  
with Erna

12:15-12:45 p.m.  
**Glutes and Core Express**  
with Donatella

3-4 p.m.  
**Total Body**  
with Michelle

4:30-5 p.m.  
**Glutes and Core Express**  
with Michelle

### THURSDAY

7-7:45 a.m.  
**Functional Fitness**  
with Donatella

11 a.m.-Noon  
**Spin**  
with Sammy

Noon-12:45 p.m.  
**Functional Core**  
with Sammy

3-4 p.m.  
**Body Pump**  
with Sammy

### FRIDAY

7-7:45 a.m.  
**Functional Fitness**  
with Donatella

11 a.m.-Noon  
**HIIT Circuit**  
with Michelle

12:15-12:45 p.m.  
**Functional Core Express**  
with Michelle

## Fitness Yurt, Carney Park

### MONDAY

8:15-9:15 a.m.  
**Circuit Training**  
with Erna

### TUESDAY

### WEDNESDAY

8:15-9:15 a.m.  
**Barre**  
with Erna

### THURSDAY

8:15-9:15 a.m.  
**Body Sculpting**  
with Erna

### FRIDAY

Open to all eligible MWR patrons 18 years and older.

For more information, call Capodichino Fit Zone at 081-568-4266/DSN 626-4266.

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