

APRIL

GROUP FITNESS SCHEDULE

Fitness Forum, Support Site

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6-7 a.m. Command PT with Fitness Specialist	6-7 a.m. Command PT with Fitness Specialist	6-7 a.m. Command PT with Fitness Specialist	6-7 a.m. Command PT with Fitness Specialist	6-7 a.m. Command PT with Fitness Specialist
8:30-9:30 a.m. Functional Boot Camp with Vicky	8:30-9:30 a.m. Fit Pump with Amelia	8:30-9:30 a.m. Fit Box with Vicky	8:30-9:30 a.m. Fit Pump with Amelia	8:30-9:30 a.m. Cycling with Erna
8:30-9:30 a.m. Pilates with Emilia				8:30-9:30 a.m. Pilates with Emilia
9:45-10:45 a.m. Fit Box with Vicky	9:45-10:45 a.m. Zumba® with Amelia	9:45-10:45 a.m. Fit Pump with Amelia	9:45-10:45 a.m. Barre with Amelia	9:45-10:45 a.m. Strong with Amelia
11 a.m.-Noon Glutes and Core with Amelia	11 a.m.-Noon Total Body Circuit with Heidi	11 a.m.-Noon Functional Boot Camp with Vicky	11 a.m.-Noon Total Body Circuit with Heidi	
		Noon-1 p.m. Muscle Recovery with Heidi		
	4-5 p.m. Circuit Training with Amelia	4-5 p.m. Glutes and Core with Amelia	4-5 p.m. HIIT with Heidi	
5-6 p.m. Zumba® with Heidi		5-6 p.m. Zumba® with Heidi		
6-6:45 p.m. HIIT with Heidi				
				SATURDAY
				8:30-9:30 a.m. Fit Box with Vicky
				9:45-10:45 a.m. Interval Cycling with Vicky

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.

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APRIL

GROUP FITNESS SCHEDULE

Fit Zone, Capodichino

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7-7:45 a.m. Functional Circuit with Donatella	7-7:45 a.m. Functional Circuit with Donatella	7-7:45 a.m. Functional Circuit with Donatella	7-7:45 a.m. Functional Circuit with Donatella	7-7:45 a.m. Functional Circuit with Donatella
	11-11:45 a.m. Cycling with Erna		11-11:45 a.m. Cycling with Erna	11 a.m.-Noon HIIT Circuit with Michelle
11:15 a.m.-12:15 p.m. Yoga with Erna		11:15 a.m.-12:15 p.m. Yoga with Erna		
12:15-12:45 p.m. Functional Core Express with Donatella		12:15-12:45 p.m. Glutes and Core with Donatella		
3-4 p.m. Glutes and Core with Michelle		3-4 p.m. Total Body Workout with Michelle		
	4-4:30 p.m. HIIT Express with Michelle			

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For more information, call Capodichino Fit Zone at 081-568-4265/DSN 626-4265.

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