

SEPTEMBER

GROUP FITNESS SCHEDULE

Classes are for a fee and held at Hotel Serapo

GAETA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9 a.m. Zumba®	9 a.m. Total Body	9 a.m. Pilates	9 a.m. Aerobic Dance	9 a.m. Pilates	9 a.m. Pilates & Stretch
10 a.m. Life Pump	10 a.m. Pilates	10 a.m. Life Pump	10 a.m. Pilates	10 a.m. Total Body	10 a.m. Life Pump
11 a.m. Postural			11 a.m. Postural		
1:30 p.m. Total Body		1:30 p.m. Total Body		1:30 p.m. Total Body	
5:30 p.m. Step & Tone	5:30 p.m. Postural	5:30 p.m. Pilates	5:30 p.m. Functional Circuit	5:30 p.m. Postural	
6:30 p.m. Life Pump	6:30 p.m. Functional Circuit	6:30 p.m. Step Dance	6:30 p.m. Zumba®	6:30 p.m. Step & Tone	
7:30 p.m. Pilates and Tone	7:30 p.m. Life Pump	7:30 p.m. Total Body	7:30 p.m. Pilates and Stretch	7:30 p.m. Life Pump	
		8:30 p.m. Postural		8:30 p.m. Pilates	

FREE CLASSES

Total Body Strength and Cardio
Thursday, Sept. 3, 10, 17 and 24
9 a.m.
Fleet Landing Fitness Center

Gaeta MWR offers discounted rates to off-base fitness:
Group exercise, Karate lessons and lap swim are offered at Hotel Serapo. Call or stop by the MWR Customer Service Desk at Fleet Recreation Center to purchase tickets.

For more information, call the Gaeta Fleet Recreation Center at 081-568-8357 / DSN 626-8357.

