



OCTOBER-MAY

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. Low Impact	11 a.m. Low Impact	11 a.m. Postural	11 a.m. Low Impact	
1:30 p.m. Total Body		1:30 p.m. Total Body		1:30 p.m. Total Body	
4:30 p.m. Low Impact	4:30 p.m. Postural	4:30 p.m. Low Impact	4:30 p.m. Low Impact	4:30 p.m. Postural	
5:30 p.m. Step & Tone	5:30 p.m. Functional Circuit	5:30 p.m. Life Pump	5:30 p.m. Functional Circuit Yoga Kundalini	5:30 p.m. Life Yoga	
6:30 p.m. Life Pump	6:30 p.m. Pilates & Equipment	6:30 p.m. Step Dance	6:30 p.m. Zumba®	6:30 p.m. Functional Step	
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. Postural	8:30 p.m. Pilates	

* Classes may change/cancel during the holiday season or Italian holidays.

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.

