



JULY

GROUP FITNESS SCHEDULE

Fitness Forum, Support Site

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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. Circuit Training with Amelia	
8:30-9:30 a.m. Pilates with Emilia				8:30-9:30 a.m. Pilates with Emilia	8:30-9:30 a.m. Fit Box* with Vicky
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	9:45-10:45 a.m. Interval Cycling* with Vicky
11 a.m.-Noon Cycling with Vicky		11 a.m.-Noon Functional Boot Camp* with Vicky	11 a.m.-Noon Circuit Training with Amelia		11 a.m.-Noon Family Bootcamp* with Vicky
		4-5 p.m. Glutes and Core with Amelia			
		4-5 p.m. Judo 5-9 years			
		5-6:15 p.m. Judo 10-14 years			
	6:30-7:30 p.m. Jiu-Jitsu 5-15 years	6:30-8 p.m. Judo 15 years and older	6:30-7:30 p.m. Jiu-Jitsu 5-15 years	6:30-7:30 p.m. Beginner Jiu-Jitsu 16 years and older	
	7:30-8:30 p.m. Jiu-Jitsu 16 years and older		7:30-8:30 p.m. Jiu-Jitsu 16 years and older	7:30-8:30 p.m. Advanced Jiu-Jitsu 16 years and older	

*No classes July 2, 5 and 26.

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



JULY

GROUP FITNESS SCHEDULE

Fit Zone, Capodichino

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7-7:45 a.m. Command PT/ Functional Training with Donatella	7-7:45 a.m. Command PT/ Functional Training with Donatella	7-7:45 a.m. Command PT/ Functional Training with Donatella	7-7:45 a.m. Command PT/ Functional Training with Donatella	7-7:45 a.m. Command PT/ Functional Training with Donatella
11:05-11:50 a.m. Yoga* with Elise		11:05-11:50 a.m. Yoga* with Elise		
Noon-12:30 p.m. Functional Express with Donatella		Noon-12:30 p.m. Functional Express with Donatella		Noon-12:30 p.m. Functional Express with Donatella
	12:15-1 p.m. Functional Cycling with Vicky		12:15-1 p.m. Functional Cycling with Vicky	
	3:30-4:15 p.m. Pump with Vicky	3:30-4:15 p.m. HIIT with Katie	3:30-4:15 p.m. Pump with Vicky	

*No classes July 2, 7, 9, 21, 23 and 28.

Fitness Yurt, Carney Park

MONDAY	TUESDAY	THURSDAY
	8-9 a.m. Mobility and Stretching with Vicky	8-9 a.m. Mobility and Stretching with Vicky
	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
5-6 p.m. Pump with Vicky		
6-7 p.m. Sunset Stretch with Vicky		

