



JUNE

GROUP FITNESS SCHEDULE

Support Site Fitness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6-7 a.m. Command PT by request	6-7 a.m. Command PT by request	6-7 a.m. Command PT by request	6-7 a.m. Command PT by request	6-7 a.m. Command PT by request
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	9:30-10:30 a.m. Parent Power Hour with Kacee Family Fitness Room at Support Site CDC	8:45-9:30 a.m. Yoga Flow with Amelia	9:30-10:30 a.m. Parent Power Hour with Kacee Family Fitness Room at Support Site CDC	8:30-9:30 a.m. Pilates with Emilia
9:30-10:30 a.m. Barbell 101 with Federico	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. Mobility and Stretching with Amelia	9:30-10:30 a.m. Glutes and Core with Amelia
9:45-10:45 a.m. Fit Box with Vicky	10-11 a.m. Teen Volleyball Camp⁹ (Teens in grades 7-12) with Chaffee	11 a.m.-Noon Functional Boot Camp with Vicky	10-11 a.m. Teen Volleyball Camp⁹ (Teens in grades 7-12) with Chaffee	10:45-11:45 a.m. Judo⁷ Ages 5-10
11 a.m.-Noon Cycling with Vicky	11 a.m.-Noon Teen Strength and Conditioning⁸ (Teens in grades 7-12) with Kacee	11 a.m.-Noon Teen Strength and Conditioning⁸ (Teens in grades 7-12) with Kacee	11 a.m.-Noon Circuit Training with Amelia	11:50 a.m.-1 p.m. Judo⁷ Ages 11-17
11 a.m.-Noon Teen Strength and Conditioning⁸ (Teens in grades 7-12) with Kacee	1-2 p.m. Yoga with Amanda	4-5 p.m. Circuit Training with Amelia	11 a.m.-Noon Teen Strength and Conditioning⁸ (Teens in grades 7-12) with Kacee	11 a.m.-Noon Cycling² with Sammy
3:30-5:15 p.m. Happy Hour Flow¹⁰	3:30-4:30 p.m. Restorative Yoga Flow with Amanda	4-5 p.m. Judo⁴ 5-10 years	3-4 p.m. Modern Dance⁵ 3-6 years	5-6 p.m. Cycling² with Sammy
4-5 p.m. Yoga¹ with Amanda	3:20-4 p.m. Ballet³ 3-6 years	5-6 p.m. Cycling² with Sammy	4-5 p.m. Judo⁶ Ages 5-10	
5-6 p.m. Cycling² with Sammy	4-5 p.m. Ballet³ 7-9 years	5-6:15 p.m. Judo⁴ 11-17 years	4-5 p.m. Modern Dance⁵ 7-9 years	8:30-9:30 a.m. Cycling² with Sammy
5:30-6:30 p.m. Beginner Jiu-Jitsu 16 years and older	5-6 p.m. Cycling² with Sammy		5-6 p.m. Modern Dance⁵ 10-17 years	9:45-10:45 a.m. Core² with Sammy
6:30-7:30 p.m. Advanced Jiu-Jitsu 16 years and older	5-6 p.m. Ballet³ 10-17 years		5-6 p.m. Cycling² Sammy	11 a.m.-Noon HIIT² with Sammy
	6:30-7:30 p.m. Jiu-Jitsu 5-15 years		5-6:15 p.m. Judo⁶ 11-17 years	
	7:30-8:30 p.m. Jiu-Jitsu 16 years and old		6:30-7:30 p.m. Jiu-Jitsu 5-15 years	
			7:30-8:30 p.m. Jiu-Jitsu 16 years and older	

No classes Friday, June 19
¹ No class June 22
² No classes after June 10
³ June 16 only
⁴ June 3 and 10 only
⁵ June 18 only
⁶ June 4 only
⁷ June 12 only
⁸ Begins June 10
⁹ Begins June 11
¹⁰ June 15 only

Fee-based class. Go to <https://myffrnavyaims.com> to register and pay.
 For more information, call Support Site Fitness Center at 081-811-6604/DSN 629-6604.

Fee based class descriptions 

Support Site Group exercise class descriptions 





JUNE

GROUP FITNESS SCHEDULE

Capodichino Fitness Center

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 Flow with Katie	11:30 a.m.-12:30 p.m. Cycling¹ with Sammy	7-7:45 a.m. Early Rise Yoga² at Tennis Court with Katie	11:30 a.m.-12:30 p.m. Cycling¹ with Sammy	11:05-11:50 a.m. Slow Flow with Katie
Noon-12:30 p.m. Functional Express with Donatella	Noon-12:30 p.m. Strength and Sculpt with Katie	7-9 a.m. Bend and Brew Yoga³ at Tennis Court	Noon-12:30 p.m. Movement Lab⁴ with Katie	Noon-12:30 p.m. Functional Express with Donatella
	3:30-4:15 p.m. Strength and Sculpt with Katie	11:05-11:50 a.m. Yoga Flow with Katie		
		Noon-12:30 p.m. Functional Express with Donatella		

No classes Friday, June 19

¹ No classes after June 10

² June 10 only

³ June 24 only

⁴ No class June 11

Capodichino
Group exercise
class descriptions



Fitness Yurt, Carney Park

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9-10 a.m. Pump with Vicky		9-10 a.m. Pump with Vicky	
	10-11 a.m. Pump with Vicky		10-11 a.m. Pump with Vicky	
	11 a.m.-Noon Core with Vicky		11 a.m.-Noon Core with Vicky	

Carney Park
Group exercise
class descriptions



For more information, call Capodichino Fitness Center at 081-568-4265/DSN 626-4265.

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