



JULY

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. Cycling with Sammy	8:30-9:30 a.m. Fit Pump with Amelia	8:30-9:30 a.m. Cycling with Sammy	8:30-9:30 a.m. Fit Pump with Amelia	8:30-9:30 a.m. Cycling with Sammy
8:30-9:30 a.m. Pilates with Emilia		8:30-9:30 a.m. Fit Box with Vicky		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. Tabata with Vicky	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 Functional Core with Vicky	11 a.m.-Noon Functional Boot Camp with Vicky		11 a.m.-Noon Zumba® with Heidi
	4-5 p.m. Circuit Training with Amelia	4-5 p.m. Glutes and Core with Amelia		4-5 p.m. Fit Box with Vicky
5:15 p.m.-6:15 p.m. Fit Box with Vicky	5:15-6:15 p.m. Zumba® with Heidi		5:15-6:15 p.m. Fit Box with Vicky	

Open to all eligible MWR patrons 18 years and older.





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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 a.m.-Noon HIIT Circuit with Donatella	11 a.m.-Noon Cycling with Sammy		11 a.m.-Noon Cycling with Sammy	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		12:15-12:45 p.m. Functional Core Express with Michelle
3-4 p.m. Glutes and Core with Michelle		3-4 p.m. Total Body Workout with Michelle	3-4 p.m. Circuit Training with Erna	

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