

GROUP FITNESS SCHEDULE

Fitness Forum, Support Site

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6-7 a.m.	6-7 a.m.	6-7 a.m.	6-7 a.m.	6-7 a.m.
Command PT	Command PT	Command PT	Command PT	Command PT
with Fitness Specialist	with Fitness Specialist	with Fitness Specialist	with Fitness Specialist	with Fitness Specialist
8:30-9:30 a.m.	8:30-9:30 a.m.	8:30-9:30 a.m.	8:30-9:30 a.m.	8:30-9:30 a.m.
Cycling	Fit Pump	Cycling	Fit Pump	Cycling
with Sammy	with Amelia	with Sammy	with Amelia	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.	9:45-10:45 a.m.	9:45-10:45 a.m.	9:45-10:45 a.m.	9:45-10:45 a.m.
Fit Box	Tabata	Fit Pump	Barre	Strong
with Vicky	with Vicky	with Amelia	with Amelia	with Amelia
11 a.mNoon	11 a.mNoon	11 a.mNoon		11 a.mNoon
Glutes and Core	Functional Core	Functional Boot Camp		Zumba®
with Amelia	with Vicky	with Vicky		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.m6:15 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.

For more information, call Support Site Fitness Forum at 081-811-6604/DSN 629-6604. Connect with MWR 24/7, www.navymwrnaples.com (F) www.facebook.com/mwrnaples





JULY

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.mNoon HIIT Circuit with Donatella	11 a.mNoon Cycling with Sammy		11 a.mNoon Cycling with Sammy	11 a.mNoon HIIT Circuit with Michelle
11:15 a.m12:15 p.m. Yoga with Erna		11:15 a.m12:15 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	

Open to all eligible MWR patrons 18 years and older.

For more information, call Capodichino Fit Zone at 081-568-4265/DSN 626-4265. Connect with MWR 24/7, www.navymwrnaples.com (?) www.facebook.com/mwrnaples

