

# MARCH

## GROUP FITNESS SCHEDULE

Fitness Forum, Support Site

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6-7 a.m. <b>Command PT</b> with Fitness Specialist	6-7 a.m. <b>Command PT</b> with Fitness Specialist	6-7 a.m. <b>Command PT</b> with Fitness Specialist	6-7 a.m. <b>Command PT</b> with Fitness Specialist	6-7 a.m. <b>Command PT</b> with Fitness Specialist
8:30-9:30 a.m. <b>Functional Boot Camp</b> with Vicky	8:30-9:30 a.m. <b>Fit Pump</b> with Amelia	8:30-9:30 a.m. <b>Fit Box</b> with Vicky	8:30-9:30 a.m. <b>Fit Pump</b> with Amelia	8:30-9:30 a.m. <b>Circuit Training</b> with Amelia
8:30-9:30 a.m. <b>Pilates</b> with Emilia				8:30-9:30 a.m. <b>Pilates</b> with Emilia
9:45-10:45 a.m. <b>Fit Box</b> with Vicky	9:45-10:45 a.m. <b>Zumba®</b> with Amelia	9:45-10:45 a.m. <b>Fit Pump</b> with Amelia	9:45-10:45 a.m. <b>Barre</b> with Amelia	9:45-10:45 a.m. <b>Strong</b> with Amelia
11 a.m.-Noon <b>Spin®</b> with Vicky		11 a.m.-Noon <b>Functional Boot Camp</b> with Vicky	11 a.m.-Noon <b>Circuit Training</b> with Amelia	
		4-5 p.m. <b>Glutes and Core</b> with Amelia		
				SATURDAY
				8:30-9:30 a.m. <b>Fit Box</b> with Vicky
				9:45-10:45 a.m. <b>Interval Cycling</b> with Vicky
				11 a.m.-Noon <b>Family Bootcamp</b> with Vicky

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, [navymwrnaples.com](http://navymwrnaples.com)  [www.facebook.com/mwrnaples](http://www.facebook.com/mwrnaples)  [nsanaplesmwr](https://www.instagram.com/nsanaplesmwr)



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## GROUP FITNESS SCHEDULE

Fit Zone, Capodichino

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7-7:45 a.m. <b>Functional Circuit</b> with Donatella	7-7:45 a.m. <b>Functional Circuit</b> with Donatella	7-7:45 a.m. <b>Functional Circuit</b> with Donatella	7-7:45 a.m. <b>Functional Circuit</b> with Donatella	7-7:45 a.m. <b>Functional Circuit</b> with Donatella
11:05-11:50 a.m. <b>Yoga</b> with Elise		11:05-11:50 a.m. <b>Yoga</b> with Elise		
Noon-12:30 p.m. <b>Functional Core Express</b> with Donatella		Noon-12:30 p.m. <b>Glutes and Core</b> with Donatella		Noon-12:30 p.m. <b>Glutes and Core</b> with Donatella
	12:15-1 p.m. <b>Functional Spin®</b> with Vicky		12:15-1 p.m. <b>Functional Spin®</b> with Vicky	
	3:30-4:15 p.m. <b>Pump</b> with Vicky		3:30-4:15 p.m. <b>Pump</b> with Vicky	

## Fitness Yurt, Carney Park

TUESDAY	THURSDAY
8-9 a.m. <b>Mobility and Stretching</b> with Vicky	8-9 a.m. <b>Mobility and Stretching</b> with Vicky
9-10 a.m. <b>Pump</b> with Vicky	9-10 a.m. <b>Pump</b> with Vicky
10-11 a.m. <b>Core</b> with Vicky	10-11 a.m. <b>Core</b> with Vicky

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