GROUP FITNESS SCHEDULE

Support Site Fitness Center

MONDAY

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. **Pilates** with Emilia

9:45-10:45 a.m. **Fit Box** with Vicky

11 a.m.-Noon Cycling with Vicky

3-4 p.m. **Functional Fitness** @ Fit Box

9-12 grade students with Kacee

> 4-5 p.m. Yoga with Amanda

6-7 p.m. **Cross Training** @ Fit Box with Federico

TUESDAY

6-7 a.m. **Command PT** with Fitness Specialist

> 8:30-9:30 a.m. Fit Pump with Amelia

9:45-10:45 a.m. **Zumba**® with Amelia

3-4 p.m. **Weight Training** 9-12 grade students with Kacee

3:20-4 p.m. **Ballet**

> 3-6 years 4-5 p.m.

Ballet 7-9 years

5-6 p.m. **Ballet** 10-17 years

6:30-7:30 p.m. Jiu-Jitsu 5-15 years

7:30-8:30 p.m. Jiu-Jitsu 16 years and older

WEDNESDAY

6-7 a.m. **Command PT** with Fitness Specialist

> 8:30-9:30 a.m. **Fit Box** with Vicky

8:45-9:30 a.m. **Yoga Flow** with Amelia

9:45-10:45 a.m. **Fit Pump** with Amelia

11 a.m.-Noon **Functional Boot Camp** with Vicky

3-4 p.m. **Functional Fitness**

9-12 grade students with Kacee

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

6:30-8 p.m. Judo 15 years and older

THURSDAY

6-7 a.m. **Command PT** with Fitness Specialist

> 8:30-9:30 a.m. **Fit Pump** with Amelia

9:45-10:45 a.m. **Mobility and Stretching** with Amelia

11 a.m.-Noon **Circuit Training** with Amelia

3-4 p.m. **Weight Training** 9-12 grade students with Kacee

> 3:20-4 p.m. **Modern Dance** 3-6 years

4-5 p.m. **Modern Dance** 7-9 years

5-6 p.m. **Modern Dance** 10-17 years

6:30-7:30 p.m. Jiu-Jitsu 5-15 years

7:30-8:30 p.m. Jiu-Jitsu 16 years and older

FRIDAY

6-7 a.m. **Command PT** with Fitness Specialist

> 8:30-9:30 a.m. **Circuit Training** with Amelia

8:30-9:30 a.m. **Pilates** with Emilia

9:45-10:45 a.m. HIIT with Amelia

6-7 p.m. **Cross Training** @ Fit Box with Federico

6:30-7:30 p.m. **Beginner Jiu-Jitsu** 16 years and older

7:30-8:30 p.m. **Advanced Jiu-Jitsu** 16 years and older

Classes for 9-12 grade students.

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





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 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 Katie	Noon-12:30 p.m. Functional Express with Donatella	Noon-12:30 p.m. Functional Express with Katie	Noon-12:30 p.m. Functional Express with Donatella

Fitness Yurt, Carney Park

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TUESDAY

9-10 a.m. **Pump** with Vicky

10-11 a.m.. **Pump** with Vicky

11 a.m.-Noon Core with Vicky

THURSDAY

FRIDAY

9-10 a.m. **Pump**

with Vicky

10-11 a.m.. Core

11 a.m.-Noon Core with Vicky

with Vicky

9-10 a.m. Pump with Vicky

10-11 a.m.. Core with Vicky

11 a.m.-Noon **Mobility and** Stretching with Vicky

5-6 p.m. Pump with Vicky

6-7 p.m. **Sunset Stretch** with Vicky