

MARCH

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. Pilates with Emilia | 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. Pilates with Emilia |
| 8:30-9:30 a.m. Cycling with Sammy | | 8:30-9:30 a.m. Cycling with Sammy | | 8:30-9:30 a.m. Cycling with Sammy |
| 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 Tabata with Vicky | 11 a.m.-Noon Functional Boot Camp with Vicky |
| | 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 Erna | | 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.

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MARCH

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 Pump with Arlene | 3-4 p.m. Total Body Workout with Michelle | 3-4 p.m. Total Body Pump with Sammy | |
| | 4:15-5:15 p.m. Yoga with Arlene | 4:30-5 p.m. Glutes and Core with Michelle | | |

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Fitness Yurt, Carney Park

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------|---------|-----------|--|--------|
| | | | 9-10 a.m. Barre with Arlene | |

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For more information, call Capodichino Fit Zone at 081-568-4266/DSN 626-4266.

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