



October

GROUP FITNESS SCHEDULE

Classes are for a fee and held at Hotel Serapo*

GAETA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9 a.m. Zumba®	9 a.m. Total Body	9 a.m. Pilates	9 a.m. Aerobic Dance	9 a.m. Pilates	9 a.m. Pilates and Stretch
10 a.m. Life Pump	10 a.m. Advanced Pilates	10 a.m. Life Pump	10 a.m. Advanced Pilates	10 a.m. Total Body	10 a.m. Life Pump
11 a.m. Postural Back School	11 a.m. Low-Impact Exercise		11 a.m. Postural Back School	4:30 p.m. Low-Impact Exercise	
1:30 p.m. Total Body		1 p.m. Total Body		1 p.m. Total Body	
4:30 p.m. Low-Impact Exercise	4:30 p.m. Postural Back School	4:30 p.m. Low-Impact Exercise	4:30 p.m. Low-Impact Exercise	4:30 p.m. Postural Back School	
5:30 p.m. Step and Tone	5:30 p.m. Functional Circuit	5:30 p.m. Step and Dance	5:30 p.m. Functional Circuit Yoga Kundalini	5:30 p.m. Life Yoga	
6:30 p.m. Life Pump	6:30 p.m. Pilates and Ball	6:30 p.m. Zumba®	6:30 p.m. Life Pump	6:30 p.m. Functional Circuit	
7:30 p.m. Pilates and Tone	7:30 p.m. Life Pump	7:30 p.m. Total Body	7:30 p.m. Pilates and Stretch	7:30 p.m. Life Pump	
8:30 p.m. Postural Back School			8:30 p.m. Pilates and Stretch	8:30 p.m. Pilates	

FREE CLASS

Held at Fleet Landing Fitness Center

Thursday
9 a.m.
**Functional Circuit
and Total Body**

* Obtain discounted-rate passes at MWR Customer Service Desk in the Fleet Recreation Center.
No classes on Italian holidays.

