

MAY

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. Functional Boot Camp with Vicky	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
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9:45-10:45 a.m. Fit Box with Vicky	9:45-10:45 a.m. Zumba® with Amelia	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 Interval Cycling with Heidi	11 a.m.-Noon Functional Boot Camp with Vicky	11 a.m.-Noon Circuit Training with Amelia	
	4-5 p.m. Circuit Training with Amelia	4-5 p.m. Glutes and Core with Amelia	4-5 p.m. HIIT with Heidi	
5-6 p.m. Zumba® with Heidi		5-6 p.m. Zumba® with Heidi	5-6 p.m. Interval Cycling with Heidi	

SATURDAY
8:30-9:30 a.m. Fit Box with Vicky
9:45-10:45 a.m. Interval Cycling with Vicky

Please see Navy Fitness Authorization chart for age limits.

For more information, call Support Site Fitness Forum at 081-811-6604/DSN 629-6604.

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