

JUNE

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. Circuit Training with Amelia
8:30-9:30 a.m. Pilates with Emilia				8:30-9:30 a.m. Pilates with Emilia
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 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

*Class canceled June 5-14

**Class canceled June 8

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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JUNE

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
	11-11:45 a.m. Cycling with Erna			
12:15-12:45 p.m. Functional Core Express with Donatella		12:15-12:45 p.m. Glutes and Core with with Donatella		Noon-12:45 p.m. HIIT Express Circuit with Donatella

Fitness Yurt, Carney Park

TUESDAY	THURSDAY
8:30-9:30 a.m. Family Bootcamp with Vicky	8:30-9:30 a.m. Family Bootcamp with Vicky
9:30-10:30 a.m. Fit Pump with Vicky	9:30-10:30 a.m. Fit Pump with Vicky
10:30-11:30 a.m. Functional Circuit with Vicky	10:30-11:30 a.m. Functional Circuit with Vicky

Please see Navy Fitness Authorization chart for age limits.

For more information, call Capodichino Fit Zone at 081-568-4265/DSN 626-4265.

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