

SEPTEMBER

GROUP FITNESS SCHEDULE

Fitness Forum, Support Site

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:30 a.m. Pilates with Emilia	6-6:45 a.m. Hatha Yoga with Doug	8:30-9:30 a.m. Barre with Arlene	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. Spin with Sammy	8:30-9:30 a.m. Fit Pump with Amelia	8:30-9:30 a.m. Spin with Sammy	9:45-10:45 a.m. Barre with Amelia	8:30-9:30 a.m. Spin with Sammy
9:45-10:45 a.m. Circuit Training with Amelia	9:45-10:45 a.m. Strong with Amelia	9:45-10:45 a.m. Fit Pump with Amelia	4-5 p.m. Circuit Training with Amelia	9:45-10:45 a.m. Strong with Amelia
11 a.m.-Noon Fit Pump with Amelia	5:15-6:15 p.m. Spin with Carmina	11 a.m.-Noon Glutes and Core with Amelia	5:15-6:15 p.m. Spin with Carmina	11 a.m.-Noon Glutes and Core with Amelia
4-5 p.m. Zumba with Amelia	5:15-6:15 p.m. Zumba with Erna	4-5 p.m. Zumba with Amelia	6:30-7:30 p.m. Yoga Flow with Carmina	
	6:30-7:30 p.m. Yoga Flow with Carmina	5:15-6:15 a.m. Hatha Yoga with Doug		

SATURDAY

10-11 a.m.
Spin
with Carmina

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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SEPTEMBER



Fit Zone, Capodichino

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7-7:45 a.m. Functional Fitness with Donatella	7-7:45 a.m. Functional Fitness with Donatella	7-7:45 a.m. Core and Strenth with Donatella	7-7:45 a.m. Functional Fitness with Donatella	7-7:45 a.m. Functional Fitness with Donatella
11 a.m.-Noon HIIT Circuit with Donatella	11 a.m.-Noon Spin with Sammy	11:15 a.m.-12:15 p.m. Yoga with Erna	11 a.m.-Noon Spin with Sammy	11 a.m.-Noon HIIT Circuit with Michelle
11:15 a.m.-12:15 p.m. Yoga with Erna	3-4 p.m. Total Body Pump with Arlene	12:15-12:45 p.m. Glutes and Core Express with Donatella	Noon-12:45 p.m. Functional Core with Sammy	12:15-12:45 p.m. Functional Core Express with Michelle
12:15-12:45 p.m. Functional Core Express with Donatella	4-4:30 p.m. Core with Arlene	3-4 p.m. Total Body with Michelle	3-4 p.m. Body Pump with Sammy	
3-4 p.m. Glutes and Core with Michelle	4:30-5:30 p.m Yoga with Arlene	4:30-5 p.m Glutes and Core Express with Michelle		

Fitness Yurt, Carney Park

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:15-9:15 a.m. Circuit Training with Erna		8:15-9:15 a.m. Barre with Erna	8:15-9:15 a.m. Body Sculpting with Erna	

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

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