

APRIL

GROUP FITNESS SCHEDULE

Support Site Fitness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6-7 a.m. Command PT by request	6-7 a.m. Command PT by request	6-7 a.m. Command PT by request	6-7 a.m. Command PT by request	6-7 a.m. Command PT by request
8:30-9:30 a.m. Functional Boot Camp with Vicky	8:30-9:30 a.m. Fit Pump⁴ 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		8:45-9:30 a.m. Yoga Flow with Amelia	9:45-10:45 a.m. Mobility and Stretching with Amelia	8:30-9:30 a.m. Pilates² with Emilia
9:45-10:45 a.m. Fit Box with Vicky	9:45-10:45 a.m. Zumba⁴ with Amelia	9:45-10:45 a.m. Fit Pump with Amelia		9:30-10:30 a.m. Glutes and Core with Amelia
11 a.m.-Noon Cycling with Vicky	1-2 p.m. Yoga³ with Amanda	11 a.m.-Noon Functional Boot Camp with Vicky	11 a.m.-Noon Circuit Training with Amelia	11 a.m.-Noon Cycling with Sammy
3-4 p.m. Functional Fitness @ Fit Box 9-12 grade students with Kacee	3-4 p.m. Weight Training 9-12 grade students with Kacee	3-4 p.m. Functional Fitness @ Fit Box 9-12 grade students with Kacee	3-4 p.m. Weight Training 9-12 grade students with Kacee	5-6 p.m. Cycling with Sammy
4-5 p.m. Yoga³ with Amanda	3:20-4 p.m. Ballet⁴ 3-6 years	4-5 p.m. Circuit Training with Amelia	3:20-4 p.m. Modern Dance 3-6 years	6-7 p.m. Cross Training @ Fit Box with Federico
5-6 p.m. Cycling with Sammy	4-5 p.m. Ballet⁴ 7-9 years	4-5 p.m. Judo 5-7 years	4-5 p.m. Modern Dance 7-9 years	
5:30-6:30 p.m. Beginner Jiu-Jitsu⁵ 16 years and older	5-6 p.m. Cycling with Sammy	5-6 p.m. Cycling with Sammy	5-6 p.m. Cycling Sammy	
6-7 p.m. Cross Training @ Fit Box¹ with Federico	5-6 p.m. Ballet⁴ 10-17 years	5-6 p.m. Judo 8-10 years	5-6 p.m. Modern Dance 10-17 years	8:30-9:30 a.m. Cycling with Sammy
6:30-7:30 p.m. Advanced Jiu-Jitsu⁵ 16 years and older	6:30-7:30 p.m. Jiu-Jitsu⁶ 5-15 years	6-7:15 p.m. Judo 11-17 years	6:30-7:30 p.m. Jiu-Jitsu⁵ 5-15 years	9:45-10:45 a.m. Core with Sammy
	7:30-8:30 p.m. Jiu-Jitsu⁶ 16 years and old		7:30-8:30 p.m. Jiu-Jitsu⁵ 16 years and older	11 a.m.-Noon HIIT with Sammy

SATURDAY

¹ Class canceled on April 6.

² Class canceled on April 3.

³ Classes canceled on April 6, 13, 20 and 21.

⁴ Class canceled on April 14.

⁵ Classes canceled on April 13 and 20.

⁶ Classes canceled on April 7, 9, 14, 16 and 21.

Fee-based class. Go to <https://myffrnavyaims.com> to register and pay.

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

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APRIL

GROUP FITNESS SCHEDULE

Capodichino Fitness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7-7:45 a.m. Command PT/ Functional Training with Donatella				
11:05-11:50 a.m. Yoga Flow with Katie		11:05-11:50 a.m. Yoga Flow with Katie		11:05-11:50 a.m. Steady Flow with Katie
	11:30 a.m.-12:30 p.m. Cycling with Sammy		11:30 a.m.-12:30 p.m. Cycling¹ with Sammy	
Noon-12:30 p.m. Functional Express with Donatella		Noon-12:30 p.m. Functional Express with Donatella		Noon-12:30 p.m. Functional Express with Donatella

¹Class canceled on April 2.

Fitness Yurt, Carney Park

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9-10 a.m. Pump with Vicky		9-10 a.m. Pump with Vicky	
	10-11 a.m. Pump with Vicky		10-11 a.m. Pump with Vicky	
	11 a.m.-Noon Core with Vicky		11 a.m.-Noon Core with Vicky	

For more information, call Capodichino Fitness Center at 081-568-4265/DSN 626-4265.

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