



# NOVEMBER

## GROUP FITNESS SCHEDULE

Fitness Forum, Support Site

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6-7 a.m. <b>Command PT</b> with Fitness Specialist	6-7 a.m. <b>Command PT</b> with Fitness Specialist	6-7 a.m. <b>Command PT</b> with Fitness Specialist	6-7 a.m. <b>Command PT</b> with Fitness Specialist	6-7 a.m. <b>Command PT</b> with Fitness Specialist
8:30-9:30 a.m. <b>Functional Boot Camp</b> with Vicky	8:30-9:30 a.m. <b>Fit Pump</b> with Amelia	8:30-9:30 a.m. <b>Fit Box</b> with Vicky	8:30-9:30 a.m. <b>Fit Pump</b> with Amelia	8:30-9:30 a.m. <b>Cycling</b> with Erna
8:30-9:30 a.m. <b>Pilates</b> with Emilia				8:30-9:30 a.m. <b>Pilates</b> with Emilia
9:45-10:45 a.m. <b>Fit Box</b> with Vicky	9:45-10:45 a.m. <b>Zumba®</b> with Amelia	9:45-10:45 a.m. <b>Fit Pump</b> with Amelia	9:45-10:45 a.m. <b>Barre</b> with Amelia	9:45-10:45 a.m. <b>Strong</b> with Amelia
11 a.m.-Noon <b>Glutes and Core</b> with Amelia		11 a.m.-Noon <b>Functional Boot Camp</b> with Vicky		
	Noon-1 p.m. <b>Strength Circuit</b> with Heidi			
	4-5 p.m. <b>Circuit Training</b> with Amelia	4-5 p.m. <b>Glutes and Core</b> with Amelia		
	5-6 p.m. <b>Interval Cycling</b> with Heidi	5-6 p.m. <b>Zumba®</b> with Heidi	5-6 p.m. <b>Functional Core</b> with Vicky	
6-6:30 p.m. <b>Express Circuit</b> with Heidi			6:30-7:30 p.m. <b>Interval Cycling</b> with Vicky	
				SATURDAY
				8:30-9:30 a.m. <b>Fit Box</b> with Vicky
				9:45-10:45 a.m. <b>Interval Cycling</b> with Vicky

Open to all eligible MWR patrons 18 years and older.



# NOVEMBER

## GROUP FITNESS SCHEDULE

Fit Zone, Capodichino

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7-7:45 a.m. <b>Functional Circuit</b> with Donatella	7-7:45 a.m. <b>Functional Circuit</b> with Donatella	7-7:45 a.m. <b>Functional Circuit</b> with Donatella	7-7:45 a.m. <b>Functional Circuit</b> with Donatella	7-7:45 a.m. <b>Functional Circuit</b> with Donatella
11 a.m.-Noon <b>HIIT Circuit</b> with Donatella	11-11:45 a.m <b>Cycling</b> with Erna		11-11:45 a.m. <b>Cycling</b> with Erna	11 a.m.-Noon <b>HIIT Circuit</b> with Michelle
11:15 a.m.-12:15 p.m. <b>Yoga</b> with Erna		11:15 a.m.-12:15 p.m. <b>Yoga</b> with Erna		
12:15-12:45 p.m. <b>Functional Core Express</b> with Donatella		12:15-12:45 p.m. <b>Glutes and Core</b> with Donatella		
3-4 p.m. <b>Glutes and Core</b> with Michelle		3-4 p.m. <b>Total Body Workout</b> with Michelle		

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