



# SEPTEMBER

## 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>Cycling</b> with Sammy	8:30-9:30 a.m. <b>Fit Pump</b> with Amelia	8:30-9:30 a.m. <b>Cycling</b> with Sammy	8:30-9:30 a.m. <b>Fit Pump</b> with Amelia	8:30-9:30 a.m. <b>Cycling</b> with Sammy
8:30-9:30 a.m. <b>Pilates</b> with Emilia		8:30-9:30 a.m. <b>Fit Box</b> with Vicky		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-1:00 p.m. <b>Interval Cycling</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>Fit Box</b> with Vicky			5-6 p.m. <b>Fit Box</b> with Vicky	
	5:30-6:30 p.m. <b>Strong</b> with Heidi	5:30-6:30 p.m. <b>Zumba®</b> with Heidi	6:30-7:30 p.m. <b>Interval Cycling</b> with Vicky	5:30-6:30 p.m. <b>Zumba®</b> with Heidi

Open to all eligible MWR patrons 18 years and older.

## SATURDAY

8:30-9:30 a.m.  
**Fit Box**  
with Vicky

9:45-10:45 a.m.  
**Interval Cycling**  
with Vicky





# SEPTEMBER

## 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 a.m.-Noon <b>Cycling</b> with Sammy		11 a.m.-Noon <b>Cycling</b> with Sammy	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		12:15-12:45 p.m. <b>Functional Core Express</b> with Michelle
3-4 p.m. <b>Glutes and Core</b> with Michelle	3-4 p.m. <b>Total Body Pump</b> with Arlene	3-4 p.m. <b>Total Body Workout</b> with Michelle		
	4:15-5:15 p.m. <b>Yoga</b> with Arlene			

**\*No yoga Sept. 25**

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