



OFF-BASE Group Exercise Program

Summer

Location: Hotel Serapo

Sign up and make payment for classes with a reduced fee at the MWR Customer Service Desk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9 a.m. Zumba®	9 a.m. Total Body	9 a.m. Pilates	9 a.m. Aerobic Dance	9 a.m. Pilates	9 a.m. Pilates & Stretch
10 a.m. Life Pump	10 a.m. Pilates	10 a.m. Life Pump	10 a.m. Pilates	10 a.m. Total Body	10 a.m. Life Pump
11 a.m. Postural Back School			11 a.m. Postural Back School		
1:30 p.m. Total Body		1:30 p.m. Total Body		1:30 p.m. Total Body	
4:30 p.m. Low-Impact Exercise			4:30 p.m. Postural Back School		
5:30 p.m. Step and Tone	5:30 p.m. Postural Back School	5:30 p.m. Step	5:30 p.m. Functional Circuit Yoga Kundalini	5:30 p.m. Life Yoga	
6:30 p.m. Life Pump	6:30 p.m. Functional Circuit	6:30 p.m. Pilates	6:30 p.m. Life Pump	6:30 p.m. Functional Circuit	
7:30 p.m. Pilates and Tone	7:30 p.m. Life Pump	7:30 p.m. Total Body	7:30 p.m. Pilates & Stretch	7:30 p.m. Life Pump	
	8:30 p.m. Postural Back School		8:30 p.m. Postural Back School		

Hotel Serapo offers Swim Lessons and Karate, inquire at the MWR Gaeta Customer Service Desk.

For more information, call the Gaeta Fleet Recreation Center at 081-568-8357 / DSN 626-8357.

