

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 Pump with Amelia | 8:30-9:30 a.m. Fit Box with Vicky | 8:30-9:30 a.m. Fit Pump with Amelia | 9:30-10:30 a.m. Glutes and Core 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 | 11 a.m.-Noon Cycling with Sammy |
| 9:45-10:45 a.m. Fit Box with Vicky | 9:45-10:45 a.m. Zumba® with Amelia | 9:45-10:45 a.m. Fit Pump with Amelia | | 5-6 p.m. Cycling with Sammy |
| 11 a.m.-Noon Cycling with Vicky | 11 a.m.-Noon Strong with Sammy | 11 a.m.-Noon Functional Boot Camp with Vicky | | 6-7 p.m. Cross Training @ Fit Box* with Federico |
| 3-4 p.m. Functional Fitness @ Fit Box 9-12 grade students with Kacee | 1-2 p.m. Yoga with Amanda | 3-4 p.m. Functional Fitness @ Fit Box 9-12 grade students with Kacee | 11 a.m.-Noon Circuit Training with Amelia | |
| 4-5 p.m. Yoga with Amanda | 3-4 p.m. Weight Training 9-12 grade students with Kacee | 4-5 p.m. Circuit Training with Amelia | 3-4 p.m. Weight Training 9-12 grade students with Kacee | |
| 5-6 p.m. Cycling with Sammy | 3:20-4 p.m. Ballet 3-6 years | 4-5 p.m. Judo 5-9 years | 3:20-4 p.m. Modern Dance 3-6 years | |
| 5:30-6:30 p.m. Beginner Jiu-Jitsu 16 years and older | 4-5 p.m. Ballet 7-9 years | 5-6 p.m. Cycling with Sammy | 4-5 p.m. Modern Dance 7-9 years | |
| 6-7 p.m. Cross Training @ Fit Box* with Federico | 5-6 p.m. Cycling with Sammy | 5-6 p.m. Judo 10-14 years | 5-6 p.m. Cycling Sammy | SATURDAY |
| 6:30-7:30 p.m. Advanced Jiu-Jitsu 16 years and older | 5-6 p.m. Ballet 10-17 years | 6:30-8 p.m. Judo 15 years and older | 5-6 p.m. Modern Dance 10-17 years | 9:45-10:45 a.m. Core with Sammy |
| | 6:30-7:30 p.m. Jiu-Jitsu 5-15 years | | 6:30-7:30 p.m. Jiu-Jitsu 5-15 years | 11 a.m.-Noon HIIT with Sammy |
| | 7:30-8:30 p.m. Jiu-Jitsu 16 years and old | | 7:30-8:30 p.m. Jiu-Jitsu 16 years and older | |

*Patrons 12 years and older.

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.

Connect with MWR 24/7, navymwrnaples.com  www.facebook.com/mwrnaples  [nsanaplesMWR](https://www.instagram.com/nsanaplesMWR)



MARCH

GROUP FITNESS SCHEDULE

Capodichino Fitness Center

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|--|
| 7-7:45 a.m. Command PT/ Functional Training with Donatella | Noon-12:30 p.m. Functional Express with Donatella |
| 11:15 a.m.-12:15 p.m. Cycling with Sammy | | 11:15 a.m.-12:15 p.m. Cycling with Sammy | | 11:05-11:50 a.m. Steady Flow with Katie |
| 12:30-1 p.m. Functional Express with Donatella | 12:30-1 p.m. Functional Express with Katie | 12:30-1 p.m. Functional Express with Donatella | | 12:30-1 p.m. Functional Express with Donatella |
| | 3-3:45 p.m. Glutes and Core with Katie | | 3-3:45 p.m. Dynamic Flow with Katie | |

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 | |