

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 Camp¹ with Vicky	8:30-9:30 a.m. Fit Pump⁶ with Amelia	8:30-9:30 a.m. Fit Box⁴ with Vicky	8:30-9:30 a.m. Fit Pump⁶ with Amelia	8:30-9:30 a.m. Circuit Training¹¹ with Amelia
8:30-9:30 a.m. Pilates with Emilia	9:30-10:30 a.m. Parent Power Hour with Kacee Family Fitness Room at Support Site CDC	8:45-9:30 a.m. Family Flow Yoga with Amelia	9:30-10:30 a.m. Parent Power Hour with Kacee Family Fitness Room at Support Site CDC	8:30-9:30 a.m. Pilates with Emilia
9:30-10:30 a.m. Barbell 101 with Federico	9:45-10:45 a.m. Zumba⁷ with Amelia	9:45-10:45 a.m. Fit Pump⁶ with Amelia	9:45-10:45 a.m. Mobility and Stretching⁹ with Amelia	9:30-10:30 a.m. Barbell 101 with Federico
9:45-10:45 a.m. Fit Box¹ with Vicky	9:30-11 a.m. Teen Volleyball Workshop* (Teens in grades 7-12) with Chaffee	11 a.m.-Noon Weight Training with Vicky	9:30-11 a.m. Teen Volleyball Workshop* (Teens in grades 7-12) with Chaffee	9:30-10:30 a.m. Glutes and Core¹¹ with Amelia
11 a.m.-Noon Family Fitness^{2, 3} with Vicky	11 a.m.-Noon Teen Strength and Conditioning (Teens in grades 7-12) with Kacee	11 a.m.-Noon Teen Strength and Conditioning (Teens in grades 7-12) with Kacee	11 a.m.-Noon Circuit Training¹⁰ with Amelia	
11 a.m.-Noon Teen Strength and Conditioning (Teens in grades 7-12) with Kacee	1-2 p.m. Yoga with Amanda	4-5 p.m. Circuit Training with Amelia	11 a.m.-Noon Teen Strength and Conditioning (Teens in grades 7-12) with Kacee	
4-5 p.m. Yoga⁴ with Amanda	3:30-4:30 p.m. Restorative Yoga Flow with Amanda	5:30-6:30 p.m. Beginner Jiu-Jitsu^{8†} 16 years and older	6:30 p.m. Iron and Ash Run Club begins July 9	
5:15-6 p.m. Cycling⁴ with Amanda	Tuesday, July 28 3:30-5:15 p.m. Hot for Hatha Sip 'n Stretch event	6:30-7:30 p.m. Advanced Jiu-Jitsu^{8†} 16 years and older	6:30-7:30 p.m. Jiu-Jitsu† 5-15 years	
5:30-6:30 p.m. Beginner Jiu-Jitsu^{5†} 16 years and older	6:30-7:30 p.m. Jiu-Jitsu† 5-15 years		7:30-8:30 p.m. Jiu-Jitsu† 16 years and older	
6:30-7:30 p.m. Advanced Jiu-Jitsu^{5†} 16 years and older	7:30-8:30 p.m. Jiu-Jitsu† 16 years and old			

No classes July 3

¹No class July 27 and 29

²No class July 27

³Open to all families

(must follow patron and youth protocols)

⁴No class July 20

⁵No class July 6 (rescheduled to July 8)

⁶No class July 7, 8, 30 and 31

⁷No class July 7

⁸Class held July 8 only

⁹No class July 30

¹⁰No class July 30 and 31

¹¹No class July 31

†No classes week of July 20-24

*Requires registration

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

Fee based class descriptions



Support Site Group exercise class descriptions



JULY

GROUP FITNESS SCHEDULE

Capodichino Fitness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7-7:45 a.m. Command PT/ Functional Training with Donatella	7-7:45 a.m. Command PT/ Functional Training with Donatella	7-7:45 a.m. Command PT/ Functional Training with Donatella	6:45-7:30 a.m. Cycling with Amanda	7-7:45 a.m. Command PT/ Functional Training with Donatella
11:05-11:50 a.m. Yoga Flow with Katie	Noon-12:30 p.m. Strength and Sculpt with Katie	7-7:45 a.m. Early Rise Yoga¹ at Tennis Court with Katie	7-7:45 a.m. Command PT/ Functional Training with Donatella	11:05-11:50 a.m. Slow Flow with Katie
Noon-12:30 p.m. Functional Express with Donatella	3:30-4 p.m. Strength and Sculpt with Katie	11:05-11:50 a.m. Yoga Flow with Katie	Noon-12:30 p.m. Movement Lab with Katie	Noon-12:30 p.m. Functional Express with Donatella
		11:30-12:15 p.m. Cycling² with Amanda		
		Noon-12:30 p.m. Functional Express with Donatella		

No classes July 3

¹Class held July 8 and 22 only

²No class July 22

Capodichino
Group exercise
class descriptions



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. Core with Vicky		10-11 a.m. Core with Vicky	
	11 a.m.-Noon Family Fitness* with Vicky		11 a.m.-Noon Family Fitness* with Vicky	

No classes July 28 and 30

*Open to all families

Carney Park
Group exercise
class descriptions



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

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