

March

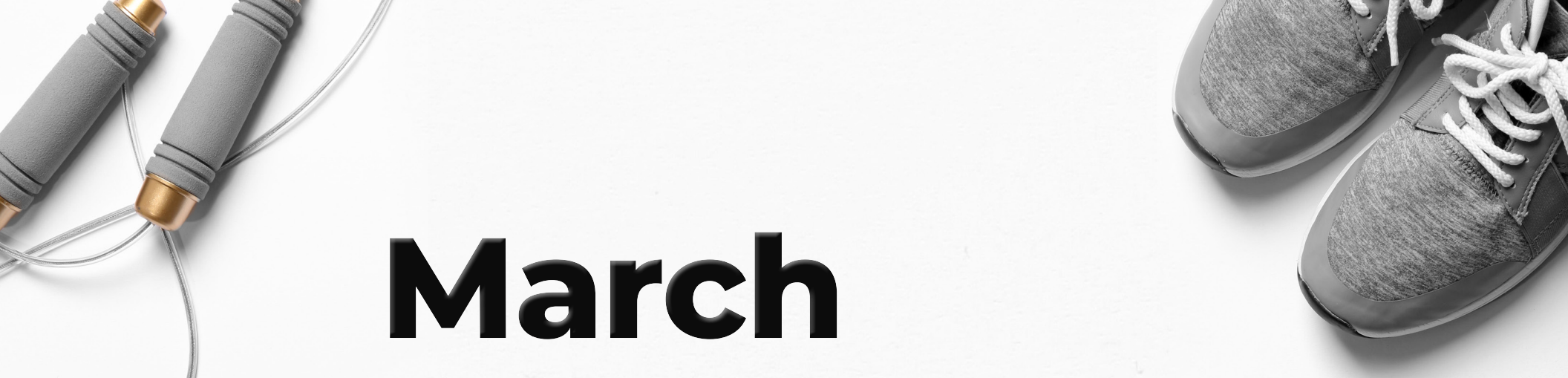
GROUP FITNESS SCHEDULE

Fitness Forum, Support Site

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:30 a.m. Pilates with Emilia	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	8:30-9:30 a.m. Pilates with Emilia
8:30-9:30 a.m. Spin with Sara	9:45-10:45 a.m. Hatha Yoga with Doug	8:30-9:30 a.m. Spin with Sara	9:45-10:45 a.m. Barre with Amelia	8:30-9:30 a.m. Spin with Franco
9:45-10:45 a.m. Circuit Training with Amelia	11 a.m.-Noon Glutes and Core with Amelia	9:45-10:45 a.m. Functional Boot Camp with Vicky	11 a.m.-Noon Strong with Amelia	9:45-10:45 a.m. Fit Pump with Amelia
11 a.m.-Noon Fit Pump with Amelia	12:15-1:15 p.m. Zumba with Sara	11 a.m.-Noon Fit Pump with Amelia	12:15-1:15 p.m. Pilates with Emilia	11 a.m.-Noon Glutes and Core with Amelia
4-5 p.m. Zumba with Amelia	4-5 p.m. Circuit Training with Amelia	4-5 p.m. Zumba with Amelia	4-5 p.m. Circuit Training with Amelia	4-5 p.m. Fit Box with Vicky
5:15-6:15 p.m. Fit Box with Vicky	5:15-6:15 p.m. Spin with Carmina	5:15-6:15 p.m. Hatha Yoga with Doug	5:15-6:15 p.m. Spin with Carmina	5:15-6:15 p.m. Functional Circuit with Vicky
6:30-7:30 p.m. Functional Circuit with Vicky	6:30-7:30 p.m. Yoga Flow with Carmina		6:30-7:30 p.m. Yoga Flow with Carmina	
				SATURDAY
				9-10 a.m. Zumba with Erna
				10-11 a.m. Spin with Carmina

Class size is limited to **eight** participants on a first-come, first-served basis.
Open to all eligible MWR patrons 18 years and older.





March

GROUP FITNESS SCHEDULE

Fit Zone, Capodichino

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7-7:45 a.m. Functional Circuit with Donatella	7-7:45 a.m. Functional Circuit with Donatella	7-7:45 a.m. Functional Circuit with Donatella	7-7:45 a.m. Functional Circuit with Donatella	7-7:45 a.m. Functional Circuit with Donatella
11:30 a.m.-12:15 p.m. *Yoga Express with Erna	11-11:50 a.m. Spin with Vicky	11 a.m.-Noon *Yoga with Erna	11-11:50 a.m. Spin with Vicky	11 a.m.-Noon HIIT Circuit with Michelle
Noon-12:30 p.m. Functional Core Express with Donatella	Noon-12:45 p.m. Functional Core with Vicky	Noon-12:30 p.m. Glutes and Core Express with Donatella	Noon-12:45 p.m. Functional Core with Vicky	Noon-12:30 p.m. Functional Core Express with Donatella
3-4 p.m. Glutes and Core with Michelle	12:50-1:50 p.m. Water Aerobics with Vicky	3-4 p.m. Total Body with Michelle	12:50-1:50 p.m. Water Aerobics with Vicky	
	4:30-5:30 p.m. Yoga with Krysia		4:30-5:30 p.m. Yoga with Krysia	

Class size is limited to **eight** participants on a first-come, first-served basis. Open to all eligible MWR patrons 18 years and older.

*No classes March 25 - April 3

Fitness Yurt, Carney Park

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
9:15-10:15 a.m. *Barre with Erna	9:15-10:15 a.m. *Circuit Training with Erna	9:15-10:15 a.m. *Zumba with Erna	9:15-10:15 a.m. *Circuit Training with Erna
	10:30-11:30 a.m. *Yoga with Erna		10:30-11:30 a.m. *Yoga with Erna

Class size is limited to **10** participants on a first-come, first-served basis. Open to all eligible MWR patrons 18 years and older.

*No classes March 25 - April 3