



JULY

GROUP FITNESS SCHEDULE

Fitness Forum, Support Site

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6-7 a.m. Command PT with Fitness Specialist	6-7 a.m. Command PT with Fitness Specialist	6-7 a.m. Command PT with Fitness Specialist	6-7 a.m. Command PT with Fitness Specialist	6-7 a.m. Command PT with Fitness Specialist
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**	8:30-9:30 a.m. Circuit Training with Amelia**
8:30-9:30 a.m. Pilates with Emilia*				8:30-9:30 a.m. Pilates with Emilia*
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**	9:45-10:45 a.m. Barre with Amelia**	9:45-10:45 a.m. Strong with Amelia**
11 a.m.-Noon Glutes and Core with Amelia**		11 a.m.-Noon Functional Boot Camp with Vicky	11 a.m.-Noon Circuit Training with Amelia**	
	4-5 p.m. Circuit Training with Amelia**	4-5 p.m. Glutes and Core with Amelia**		

SATURDAY
8:30-9:30 a.m. Fit Box with Vicky
9:45-10:45 a.m. Interval Cycling with Vicky

*No classes July 1, 12 and 16

**No classes July 1, 5, 9, 10, 15, 16, 17, 22, 23, 24, 25, and 26

Open to all eligible MWR patrons 18 years and older.

For more information, call Support Site Fitness Forum at 081-811-6604/DSN 629-6604.

Connect with MWR 24/7, www.navymwrnaples.com  www.facebook.com/mwrnaples





JULY

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
Noon-12:30 p.m. Functional Core Express with Donatella		Noon-12:30 p.m. Glutes and Core with Donatella		

Fitness Yurt, Carney Park

TUESDAY	THURSDAY
8:30-9:30 a.m. Family Bootcamp with Vicky	8:30-9:30 a.m. Family Bootcamp with Vicky
9:30-10:30 a.m. Fit Pump with Vicky	9:30-10:30 a.m. Fit Pump with Vicky
10:30-11:30 a.m. Functional Circuit with Vicky	10:30-11:30 a.m. Functional Circuit with Vicky

Open to all eligible MWR patrons 18 years and older.

For more information, call Capodichino Fit Zone at 081-568-4265/DSN 626-4265.

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