



# November

## GROUP FITNESS SCHEDULE

Classes are for a fee and held at Hotel Serapo\*

## GAETA

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

### FREE CLASS

Held at Fleet Landing Fitness Center

Thursday  
9 a.m.  
**Functional Circuit**  
**and Total Body**

\* Obtain discounted-rate passes at MWR Customer Service Desk in the Fleet Recreation Center.  
No classes on Italian holidays.

