

AUGUST

GROUP FITNESS SCHEDULE

Support Site Fitness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:30 a.m. Functional Boot Camp with Vicky	8:30-9:30 a.m. Fit Pump⁶ with Amelia	8:30-9:30 a.m. Fit Box with Vicky	8:30-9:30 a.m. Fit Pump⁶ with Amelia	8:30-9:30 a.m. Circuit Training with Amelia
8:30-9:30 a.m. Pilates¹ with Emilia	9:45-10:45 a.m. Zumba^{®7} with Amelia	8:45-9:30 a.m. Family Flow Yoga with Amelia	9 a.m. Back to School 5k Thursday, Aug. 6 Central Park	8:30-9:30 a.m. Pilates¹ with Emilia
9:30-10:30 a.m. Barbell 101 with Federico	11 a.m.-Noon Teen Strength and Conditioning² (Teens in grades 7-12) with Kacee	9:45-10:45 a.m. Fit Pump⁶ with Amelia	9:45-10:45 a.m. Mobility and Stretching with Amelia	9:30-10:30 a.m. Barbell 101 with Federico
9:45-10:45 a.m. Fit Box with Vicky	1-2 p.m. Yoga³ with Amanda	11 a.m.-Noon Weight Training with Vicky	11 a.m.-Noon Circuit Training with Amelia	9:30-10:30 a.m. Glutes and Core¹⁴ with Amelia
11 a.m.-Noon Family Fitness at Central Park with Vicky	3-4 p.m. Ballet⁸ (3-6 year olds)	11 a.m.-Noon Teen Strength and Conditioning² (Teens in grades 7-12) with Kacee	11 a.m.-Noon Teen Strength and Conditioning² (Teens in grades 7-12) with Kacee	
11 a.m.-Noon Teen Strength and Conditioning² (Teens in grades 7-12) with Kacee	3:30-4:30 p.m. Restorative Yoga Flow⁹ with Amanda	4-5 p.m. Circuit Training¹¹ with Amelia	3-4 p.m. Modern Dance¹³ (3-6 years old)	
4-5 p.m. Yoga³ with Amanda	3:30-5:15 p.m. 108 Sun Salutations "Sip 'n Stretch Series" Tuesday, Aug. 25	5:30-6:30 p.m. Jiu-Jitsu¹²	4-5 p.m. Modern Dance¹³ (7-9 years old)	
5:15-6 p.m. Cycling⁴ with Amanda	4-5 p.m. Ballet⁸ (7-9 years old)	6:30-7:30 p.m. Jiu-Jitsu¹²	5-6 p.m. Modern Dance¹³ (10-17 years old)	
5:30-6:30 p.m. Beginner Jiu-Jitsu⁵ (16 years and older)	5-6 p.m. Ballet⁸ (10-17 years old)		6:30 p.m. Iron and Ash Run Club	
6:30-7:30 p.m. Advanced Jiu-Jitsu⁵ (16 years and older)	6:30-7:30 p.m. Jiu-Jitsu¹⁰ (5-15 years old)		6:30-7:30 p.m. Jiu-Jitsu¹⁴ (5-15 years old)	
	7:30-8:30 p.m. Jiu-Jitsu¹⁰ (16 years and older)		7:30-8:30 p.m. Jiu-Jitsu¹⁴ (16 years and older)	

¹Fitness on Demand Aug. 14 and 17
²Classes held weeks of Aug. 3 and Aug. 10. No classes weeks of Aug. 17, Aug. 24 and Aug. 31.
Classes will resume in September after school.
³Fitness on Demand Aug. 10 and 11
⁴No class Aug. 10
⁵No class Aug. 24. To make up class, please see syllabus.
⁶Fitness on Demand Aug. 4, 5 and 6
⁷Fitness on Demand Aug. 4
⁸Class Aug. 18 only
⁹Fitness on Demand Aug. 11
¹⁰No class Aug. 25. To make up class, please see syllabus.
¹¹Fitness on Demand Aug. 5
¹²No class Aug. 26. To make up class, please see syllabus.
¹³Class Aug. 20 only
¹⁴No class Aug. 20. To make up class, please see syllabus.

Command PT
by request
Please schedule with
front desk staff.

Fee based class
descriptions



Support Site
Group exercise
class descriptions



Fee-based class. Go to <https://myffr.navyaims.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)



AUGUST

GROUP FITNESS SCHEDULE

Capodichino Fitness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			6:30-7:15 a.m. Cycling¹ with Amanda	
7-7:45 a.m. Functional Training	7-7:45 a.m. Functional Training	7-7:45 a.m. Functional Training	7-7:45 a.m. Functional Training	7-7:45 a.m. Functional Training
11:05-11:50 a.m. Yoga Flow with Katie		11:05-11:50 a.m. Yoga Flow with Katie		11:05-11:50 a.m. Slow Flow with Katie
		11:30-12:15 p.m. Cycling¹ with Amanda		
Noon-12:30 p.m. Functional Express	Noon-12:30 p.m. Strength and Sculpt with Katie	Noon-12:30 p.m. Functional Express	Noon-12:30 p.m. Movement Lab with Katie	Noon-12:30 p.m. Functional Express

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¹No class Aug. 12 and 13

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	

*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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