



OCTOBER

GROUP FITNESS SCHEDULE

Fitness Forum, Support Site

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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. Yoga Flow* with Amelia	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. Fit Box with Vicky		8:30-9:30 a.m. Pilates with Emilia	8:30-9:30 a.m. Fit Box with Vicky
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. Mobility & Stretching* with Amelia	9:45-10:45 a.m. HIIT with Amelia	9:45-10:45 a.m. Interval Cycling with Vicky
11 a.m.-Noon Cycling with Vicky		11 a.m.-Noon Functional Boot Camp with Vicky	11 a.m.-Noon Circuit Training* with Amelia		11 a.m.-Noon Family Bootcamp with Vicky
	3:20-4 p.m. Ballet 3-6 years		3:20-4 p.m. Modern Dance 3-6 years		
	4-5 p.m. Ballet 7-9 years	4-5 p.m. Glutes and Core* with Amelia	4-5 p.m. Modern Dance 7-9 years		
		4-5 p.m. Judo 5-9 years			
6-7 p.m. Cross Training at Outdoor Fit Box** with Federico	5-6 p.m. Ballet 10-17 years	5-6:15 p.m. Judo 10-14 years	5-6 p.m. Modern Dance 10-17 years	6-7 p.m. Cross Training at Outdoor Fit Box** with Federico	
	6:30-7:30 p.m. Jiu-Jitsu 5-15 years	6:30-8 p.m. Judo 15 years and older	6:30-7:30 p.m. Jiu-Jitsu 5-15 years	6:30-7:30 p.m. Beginner Jiu-Jitsu 16 years and older	
	7:30-8:30 p.m. Jiu-Jitsu 16 years and older		7:30-8:30 p.m. Jiu-Jitsu 16 years and older	7:30-8:30 p.m. Advanced Jiu-Jitsu 16 years and older	

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

*No classes Oct. 3-17

**MWR-eligible patrons 12 years and older.

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

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





OCTOBER

GROUP FITNESS SCHEDULE

Fit Zone, Capodichino

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	7-7:45 a.m. Command PT/ Functional Training with Donatella	7-7:45 a.m. Command PT/ Functional Training with Donatella
11:05-11:50 a.m. Yoga with Elise		11:05-11:50 a.m. Yoga with Elise		
Noon-12:30 p.m. Functional Express with Donatella	12:15-1 p.m. Cycling with Vicky	Noon-12:30 p.m. Functional Express with Donatella	12:15-1 p.m. Cycling with Vicky	Noon-12:30 p.m. Functional Express with Donatella
	12:15-1 p.m. Functional Express with Katie		12:15-1 p.m. Functional Express with Katie	
3:30-4:15 p.m. Strength Circuit with Katie	3:30-4:15 p.m. Pump with Vicky	3:30-4:15 p.m. Strength Circuit with Katie	3:30-4:15 p.m. Pump with Vicky	

Fitness Yurt, Carney Park

MONDAY	TUESDAY	THURSDAY
5-6 p.m. Pump with Vicky	9-10 a.m. Pump with Vicky	9-10 a.m. Pump with Vicky
6-7 p.m. Sunset Stretch with Vicky	10-11 a.m. Core with Vicky	10-11 a.m. Core with Vicky

