



# JANUARY

GROUP FITNESS SCHEDULE

Support Site Fitness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6-7 a.m. <b>Command PT</b> by request	6-7 a.m. <b>Command PT</b> by request	6-7 a.m. <b>Command PT</b> by request	6-7 a.m. <b>Command PT</b> by request	6-7 a.m. <b>Command PT</b> by request
8:30-9:30 a.m. <b>Functional Boot Camp</b> with Vicky	8:30-9:30 a.m. <b>Fit Pump</b> with Amelia	6-7 a.m. <b>Cycling</b> with Sammy	8:30-9:30 a.m. <b>Fit Pump</b> with Amelia	6-7 a.m. <b>Cycling</b> with Sammy
8:30-9:30 a.m. <b>Pilates</b> with Emilia	9:45-10:45 a.m. <b>Zumba®</b> with Amelia	8:30-9:30 a.m. <b>Fit Box</b> with Vicky	9:45-10:45 a.m. <b>Mobility and Stretching</b> with Amelia	8:30-9:30 a.m. <b>Circuit Training</b> with Amelia
9:45-10:45 a.m. <b>Fit Box</b> with Vicky		8:45-9:30 a.m. <b>Yoga Flow</b> with Amelia		8:30-9:30 a.m. <b>Pilates</b> with Emilia
11 a.m.-Noon <b>Cycling</b> with Vicky	11 a.m.-Noon <b>Strong</b> with Sammy	9:45-10:45 a.m. <b>Fit Pump</b> with Amelia	11 a.m.-Noon <b>Circuit Training</b> with Amelia	9:45-10:45 a.m. <b>HIIT</b> with Amelia
3-4 p.m. <b>Functional Fitness @ Fit Box</b> 9-12 grade students with Kacee	3-4 p.m. <b>Weight Training</b> 9-12 grade students with Kacee	11 a.m.-Noon <b>Functional Boot Camp</b> with Vicky	3-4 p.m. <b>Weight Training</b> 9-12 grade students with Kacee	11 a.m.-Noon <b>Cycling</b> with Sammy
4-5 p.m. <b>Yoga</b> with Amanda	3:20-4 p.m. <b>Ballet</b> 3-6 years	3-4 p.m. <b>Functional Fitness</b> 9-12 grade students with Kacee	3:20-4 p.m. <b>Modern Dance</b> 3-6 years	6-7 p.m. <b>Cross Training @ Fit Box</b> with Federico
5-6 p.m. <b>Cycling</b> with Sammy	4-5 p.m. <b>Cycling</b> with Sammy	4-5 p.m. <b>Glutes and Core</b> with Amelia	4-5 p.m. <b>Cycling</b> with Sammy	
5:30-6:30 p.m. <b>Beginner Jiu-Jitsu</b> 16 years and older	4-5 p.m. <b>Ballet</b> 7-9 years	4-5 p.m. <b>Judo</b> 5-9 years	4-5 p.m. <b>Modern Dance</b> 7-9 years	
6-7 p.m. <b>Cross Training @ Fit Box</b> with Federico	5-6 p.m. <b>Ballet</b> 10-17 years	5-6:15 p.m. <b>Judo</b> 10-14 years	5-6 p.m. <b>Modern Dance</b> 10-17 years	8:30-9:30 a.m. <b>Cycling</b> with Sammy
6:30-7:30 p.m. <b>Advanced Jiu-Jitsu</b> 16 years and older	6:30-7:30 p.m. <b>Jiu-Jitsu</b> 5-15 years	6:30-8 p.m. <b>Judo</b> 15 years and older	6:30-7:30 p.m. <b>Jiu-Jitsu</b> 5-15 years	9:45-10:45 a.m. <b>HIIT</b> with Sammy
	7:30-8:30 p.m. <b>Jiu-Jitsu</b> 16 years and older		7:30-8:30 p.m. <b>Jiu-Jitsu</b> 16 years and older	11 a.m.-Noon <b>Core</b> with Sammy
				SATURDAY
				8:30-9:30 a.m. <b>Cycling</b> with Sammy
				9:45-10:45 a.m. <b>HIIT</b> with Sammy
				11 a.m.-Noon <b>Core</b> with Sammy

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



# JANUARY

## GROUP FITNESS SCHEDULE

Capodichino Fitness Center

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7-7:45 a.m. <b>Command PT/ Functional Training</b> with Donatella	7-7:45 a.m. <b>Command PT/ Functional Training</b> with Donatella	7-7:45 a.m. <b>Command PT/ Functional Training</b> with Donatella	7-7:45 a.m. <b>Command PT/ Functional Training</b> with Donatella	7-7:45 a.m. <b>Command PT/ Functional Training</b> with Donatella
11:05-11:50 a.m. <b>Yoga</b> with Katie	11:30-12:30 p.m. <b>Cycling</b> with Sammy	11:05-11:50 a.m. <b>Yoga</b> with Katie	11:30-12:30 p.m. <b>Cycling</b> with Sammy	
Noon-12:30 p.m. <b>Functional Express</b> with Donatella	Noon-12:30 p.m. <b>Functional Express</b> with Katie	Noon-12:30 p.m. <b>Functional Express</b> with Donatella	Noon-12:30 p.m. <b>Functional Express</b> with Katie	Noon-12:30 p.m. <b>Functional Express</b> with Donatella

## Fitness Yurt, Carney Park

MONDAY	TUESDAY	THURSDAY	FRIDAY
	9-10 a.m. <b>Pump</b> with Vicky	9-10 a.m. <b>Pump</b> with Vicky	9-10 a.m. <b>Pump</b> with Vicky
	10-11 a.m. <b>Pump</b> with Vicky	10-11 a.m. <b>Pump</b> with Vicky	10-11 a.m. <b>Core</b> with Vicky
	11 a.m.-Noon <b>Core</b> with Vicky	11 a.m.-Noon <b>Core</b> with Vicky	11 a.m.-Noon <b>Mobility and Stretching</b> with Vicky
5-6 p.m. <b>Pump</b> with Vicky			
6-7 p.m. <b>Mobility and Stretching</b> with Vicky			

