

MAY

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. 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	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. Barre* with Amelia	9:45-10:45 a.m. Strong* 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. Ballet 3-6 years		
	4-5 p.m. Ballet 7-9 years	4-5 p.m. Glutes and Core* with Amelia			
		4-5 p.m. Judo 5-9 years	4-5 p.m. Modern Dance 7-9 years		
	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		
	6:30-7:30 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	

*No classes May 21-23

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

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](https://www.instagram.com/nsanaplesmwr)



MAY

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		Noon-12:30 p.m. Functional Express with Donatella		Noon-12:30 p.m. Functional Express with Donatella
	12:15-1 p.m. Functional Cycling with Vicky		12:15-1 p.m. Functional Cycling** with Vicky	
	3:30-4:15 p.m. Pump with Vicky	3:30-4:15 p.m. HIIT (new class) with Katie	3:30-4:15 p.m. Pump** with Vicky	

*May 23 class will be held outside.

**No class May 8.

Fitness Yurt, Carney Park

MONDAY	TUESDAY	THURSDAY
	8-9 a.m. Mobility and Stretching with Vicky	8-9 a.m. Mobility and Stretching with Vicky
	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
5-6 p.m. Pump with Vicky		
6-7 p.m. Sunset Stretch with Vicky		

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