



MAY

GROUP FITNESS SCHEDULE

Fitness Forum, Support Site

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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. Pilates with Emilia
8:30-9:30 a.m. Pilates with Emilia				
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
11 a.m.-Noon Glutes and Core with Amelia	11 a.m.-Noon Interval Cycling with Heidi	11 a.m.-Noon Functional Boot Camp with Vicky	11 a.m.-Noon Circuit Training with Amelia	
	4-5 p.m. Circuit Training with Amelia	4-5 p.m. Glutes and Core with Amelia	4-5 p.m. HIIT with Heidi	
5-6 p.m. Zumba® with Heidi		5-6 p.m. Zumba® with Heidi	5-6 p.m. Interval Cycling with Vicky	

SATURDAY
8:30-9:30 a.m. Fit Box with Vicky
9:45-10:45 a.m. Interval Cycling with Vicky

Please see Navy Fitness Authorization chart for age limits.



GROUP FITNESS SCHEDULE				Fit Zone, Capodichino
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7-7:45 a.m. Functional Circuit with Donatella	7-7:45 a.m. Functional Circuit with Donatella	7-7:45 a.m. Functional Circuit with Donatella	7-7:45 a.m. Functional Circuit with Donatella	7-7:45 a.m. Functional Circuit with Donatella
	11-11:45 a.m. Cycling* with Erna		11-11:45 a.m. Cycling* with Erna	11 a.m.-Noon HIIT Circuit** with Michelle
11:15 a.m.-12:15 p.m. Yoga* with Erna		11:15 a.m.-12:15 p.m. Yoga* with Erna		
12:15-12:45 p.m. Functional Core Express with Donatella		12:15-12:45 p.m. Glutes and Core with Donatella		Noon-12:30 p.m. HIIT Express Circuit with Donatella (begins May 24)
3-4 p.m. Glutes and Core** with Michelle	4-4:30 p.m. HIIT Express** with Michelle	3-4 p.m. Total Body Workout** with Michelle		

* Class canceled May 28-30
**Class is canceled beginning May 17

Fitness Yurt, Carney Park	
TUESDAY	THURSDAY
8:30-9:30 a.m. Tabata with Vicky	8:30-9:30 a.m. Tabata with Vicky
9:30-10:30 a.m. Functional Bootcamp with Vicky	9:30-10:30 a.m. Functional Bootcamp with Vicky
10:30-11:30 a.m. Core and Glutes with Vicky	10:30-11:30 a.m. Core and Glutes with Vicky

Please see Navy Fitness Authorization chart for age limits.