



JULY

GROUP FITNESS SCHEDULE

Classes are for a fee and held at Hotel Serapo*

GAETA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9 a.m. Zumba®	9 a.m. Postural	9 a.m. Pilates	9 a.m. Postural	9 a.m. Pilates
10 a.m. Life Pump	10 a.m. Pilates		10 a.m. Pilates	10 a.m. Life Pump
1:30 p.m. Total Body		1:30 p.m. Total Body		1:30 p.m. Total Body
5:30 p.m. Step and Tone	5:30 p.m. Functional Circuit	5:30 p.m. Step	5:30 p.m. Functional Circuit	5:30 p.m. Life Pump
6:30 p.m. Life Pump	6:30 p.m. Pilates and Ball	6:30 p.m. Zumba®	6:30 p.m. Life Pump	6:30 p.m. Functional Circuit
7:30 p.m. Pilates and Tone	7:30 p.m. Life Pump	7:30 p.m. Total Body	7:30 p.m. Pilates and Stretch	7:30 p.m. Life Pump
			8:30 p.m. Postural	8:30 p.m. Pilates

FREE CLASSES

Functional Circuit and Total Body

Thursday, July 9, 16, 23 and 30
9 a.m.

Fleet Landing Fitness Center

Family Fitness

Thursday, July 2
10 a.m.

Main Pavilion, Olde Mill Inn Park

* Obtain discounted-rate passes at MWR Customer Service Desk in the Fleet Recreation Center.

For more information, call the Gaeta Fleet Recreation Center at 081-568-8357 / DSN 626-8357.

