

JANUARY

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. Circuit Training 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 Functional Boot Camp with Vicky	11 a.m.-Noon Circuit Training with Amelia	
	Noon-12:45 p.m. Yoga with Elise			
		4-5 p.m. Glutes and Core with Amelia		
				SATURDAY
				8:30-9:30 a.m. Fit Box with Vicky
				9:45-10:45 a.m. Interval Cycling with Vicky
				11 a.m.-Noon Family Bootcamp with Vicky

Open to all eligible MWR patrons 18 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  username: [nsanaplesmwr](https://www.instagram.com/nsanaplesmwr)



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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
11:05-11:50 a.m. Yoga with Elise		11:05-11:50 a.m. Yoga with Elise		
Noon-12:30 p.m. Functional Core Express with Donatella		Noon-12:30 p.m. Glutes and Core with Donatella		Noon-12:30 p.m. Glutes and Core with Donatella
	12:15-1 p.m. Functional Spin with Vicky		12:15-1 p.m. Functional Spin with Vicky	
	3:30-4:15 p.m. Pump with Vicky		3:30-4:15 p.m. Pump with Vicky	

Fitness Yurt, Carney Park

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

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