

# **GROUP FITNESS SCHEDULE**

**Fitness Forum, Support Site** 

| MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
|--|--|--|--|--|
| 6-7 a.m. <b>Command PT</b> with Fitness Specialist |
|  |  |  | 7-8 a.m.<br><b>Yoga</b><br>with Elise              |  |
| 8:30-9:30 a.m.  Functional Boot Camp  with Vicky   | 8:30-9:30 a.m.<br><b>Fit Pump</b><br>with Amelia   | 8:30-9:30 a.m.<br><b>Fit Box</b><br>with Vicky     | 8:30-9:30 a.m.<br><b>Fit Pump</b><br>with Amelia   | 8:30-9:30 a.m. <b>Circuit Training</b> with Amelia |
| 8:30-9:30 a.m. <b>Pilates</b> with Emilia          |  |  |  | 8:30-9:30 a.m. <b>Pilates</b> with Emilia          |
| 9:45-10:45 a.m.<br><b>Fit Box</b><br>with Vicky    | 9:45-10:45 a.m.<br><b>Zumba®</b><br>with Amelia    | 9:45-10:45 a.m.<br><b>Fit Pump</b><br>with Amelia  | 9:45-10:45 a.m. <b>Barre</b> with Amelia           | 9:45-10:45 a.m.<br><b>Strong</b><br>with Amelia    |
|  | 11 a.mNoon<br><b>Yoga</b><br>with Elise            | 11 a.mNoon <b>Functional Boot Camp</b> with Vicky  | 11 a.mNoon <b>Circuit Training</b> with Amelia     |  |
|  | 4-5 p.m. <b>Circuit Training</b> with Amelia       | 4-5 p.m. <b>Glutes and Core</b> 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.





#### **GROUP FITNESS SCHEDULE**

Fit Zone, Capodichino

| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY   |
|---|---|--|---|--|
| 7-7:45 a.m. <b>Functional Circuit</b> 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.<br><b>Yoga</b><br>with Elise                    |   | 11-11:45 a.m<br><b>Yoga</b><br>with Elise              |   |  |
| Noon-12:30 p.m. <b>Functional Core Express</b> with Donatella |   | Noon-12:30 p.m. <b>Glutes and Core</b> with Donnatella |   | Noon-12:30 p.m. <b>Glutes and Core</b> with Donnatella |
|   | 12:15-1 p.m. <b>Functional Spin</b> with Vicky  |  | 12:15-1 p.m. <b>Functional Spin</b> with Vicky  |  |
|   | 3:30-4:15 p.m. <b>Pump</b> with Vicky           |  | 3:30-4:15 p.m. <b>Pump</b> with Vicky           |  |

## Fitness Yurt, Carney Park

## **TUESDAY**

8-9 a.m.

**Mobility and Stretching** 

with Vicky

9-10 a.m.

Pump

with Vicky

10-11 a.m.

Core

with Vicky

### **THURSDAY**

8-9 a.m.

**Mobility and Stretching** 

with Vicky

9-10 a.m.

Pump

with Vicky

10-11 a.m.

Core

with Vicky

Open to all eligible MWR patrons 18 years and older.

