



DECEMBER

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 Yoga with Elise			
	4-5 p.m. Circuit Training with Amelia	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

No classes Dec. 24, 25, 26 and 31, and Jan. 1.

Open to all eligible MWR patrons 18 years and older.

For more information, call Support Site Fitness Forum at 081-811-6604/DSN 629-6604.

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DECEMBER

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 Elisa		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 Donnatella		Noon-12:30 p.m. Glutes and Core with Donnatella
	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	

No classes Dec. 24, 25, 26 and 31, and Jan. 1.

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

No classes Dec. 24, 26 and 31.

Open to all eligible MWR patrons 18 years and older.

For more information, call Capodichino Fit Zone at 081-568-4265/DSN 626-4265.

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