

## **GROUP FITNESS SCHEDULE**

## Fitness Forum, Support Site

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6-7 a.m. <b>Command PT</b> with Fitness Specialist	6-7 a.m. <b>Command PT</b> with Fitness Specialist	6-7 a.m. <b>Command PT</b> with Fitness Specialist	6-7 a.m. <b>Command PT</b> with Fitness Specialist	6-7 a.m. <b>Command PT</b> with Fitness Specialist
8:30-9:30 a.m. <b>Functional Boot Camp</b> with Vicky	8:30-9:30 a.m. <b>Fit Pump</b> with Amelia**	8:30-9:30 a.m. <b>Fit Box</b> with Vicky	8:30-9:30 a.m. <b>Fit Pump</b> 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. <b>Fit Box</b> with Vicky	9:45-10:45 a.m. <b>Zumba®</b> with Amelia**	9:45-10:45 a.m. <b>Fit Pump</b> with Amelia**	9:45-10:45 a.m. <b>Barre</b> with Amelia**	9:45-10:45 a.m. <b>Strong</b> with Amelia**
11 a.mNoon <b>Glutes and Core</b> with Amelia**		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**		



8:30-9:30 a.m. **Fit Box** with Vicky

9:45-10:45 a.m.

Interval Cycling with Vicky

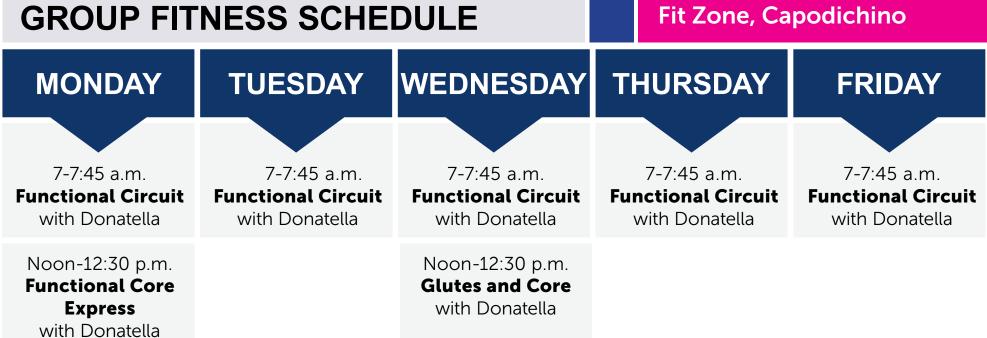
\*No classes July 1, 12 and 16 \*\*No classes July 1, 5, 9, 10, 15, 16, 17, 22, 23, 24, 25, and 26

Open to all eligible MWR patrons 18 years and older.

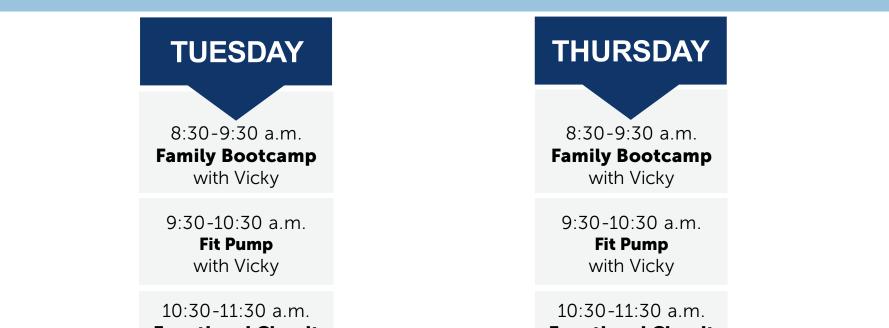
For more information, call Support Site Fitness Forum at 081-811-6604/DSN 629-6604. Connect with MWR 24/7, www.navymwrnaples.com Pwww.facebook.com/mwrnaples











## Functional Circuit

with Vicky

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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, www.navymwrnaples.com **WWW.facebook.com/mwrnaples** 

