

SEPTEMBER

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 Glutes and Core* with Amelia		11 a.m.-Noon Functional Boot Camp with Vicky	11 a.m.-Noon Circuit Training* with Amelia	
	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 class Sept. 6-13

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  www.facebook.com/mwrnaples





SEPTEMBER

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
Noon-12:30 p.m. Functional Core Express with Donatella		Noon-12:30 p.m. Glutes and Core with Donatella		

Fitness Yurt, Carney Park

TUESDAY	THURSDAY
8:30-9:30 a.m. Functional Core with Vicky	8:30-9:30 a.m. Functional Core with Vicky
9:30-10:30 a.m. Pump with Vicky	9:30-10:30 a.m. Pump with Vicky
10:30-11:30 a.m. HIIT with Vicky	10:30-11:30 a.m. HIIT with Vicky

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