OCTOBER

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.mNoon Glutes and Core with Amelia		11 a.mNoon Functional Boot Camp with Vicky	11 a.mNoon Circuit Training with Amelia	
	4-5 p.m. Circuit Training with Amelia	4-5 p.m. Glutes and Core with Amelia		



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

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.

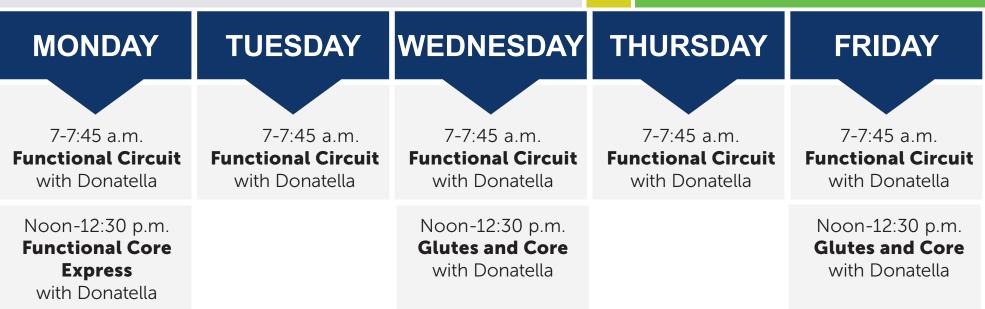
For more information, call Support Site Fitness Forum at 081-811-6604/DSN 629-6604. Connect with MWR 24/7, www.navymwrnaples.com (F) www.facebook.com/mwrnaples





GROUP FITNESS SCHEDULE

Fit Zone, Capodichino



Fitness Yurt, Carney Park



HIIT with Vicky **HIIT** 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 **F** www.facebook.com/mwrnaples

