

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.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 |

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





OCTOBER

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 | | 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 |

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

