



RECREATIONAL CENTER – FALL 2017

FITNESS CLASSES



JCU Fitness Schedule – Gianicolo Residence, Vicolo della Penitenza 26 - <http://gladiators.johncabot.edu>

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 AM	HIIT	YOGA	HIIT	YOGA	
1:15 PM					BEx
4:15 PM	FUNCTIONAL TRAINING	FITCROSS	FUNCTIONAL TRAINING	FITCROSS	
5:15 PM	KICK BOXING	CHEERDANCE	KICK BOXING		
6:15 PM	ZUMBA	ABS & LEGS	BEx	ABS & LEGS	
7:15 PM		STRETCHING	ZUMBA	STRETCHING	
7:45 PM		UPPER BODY		UPPER BODY	

*Valid JCU ID card and Physical needed to enter the gym

OPEN FROM: MONDAY – THURSDAY: 8AM TO 10PM --- FRIDAY – SUNDAY: 10AM TO 8PM

VARSITY TEAMS

Fields: **VIRGILIO** Via Giulia, 40 / **TRASTEVERE STADIUM** Via Vitellia, 50

ACTIVITY	FACILITIES	SCHEDULE	COMMENTS
WOMEN'S SOCCER	TRASTEVERE STADIUM	MON/WED 9:15pm-10:45pm	"COMPETITIVE" PHYSICAL NEEDED
MEN'S SOCCER	TRASTEVERE STADIUM	MON/WED 9pm-11pm	"COMPETITIVE" PHYSICAL NEEDED
MEN'S 5vs5 SOCCER	TRASTEVERE STADIUM	MON/WED 9:30pm – 11pm	"COMPETITIVE" PHYSICAL NEEDED
COED VOLLEYBALL	VIRGILIO	MON/WED 9:30pm – 11pm	"BASIC/COMPETITIVE" PHYSICAL NEEDED
COED BASKETBALL	VIRGILIO	TUE/THU 9pm – 11pm	"BASIC" PHYSICAL NEEDED

SPORT TRIPS

*Participation fees are not refundable. Payments can be made online by the deadline.

TRIP	DATE	PLACE	PRICE
SAPRI WEEKEND TRIP	SEP 1-3	SAPRI (Campania)	€ 190 – DEADLINE: Ago 25 http://bit.ly/2uyBYTz
SUMMER SPORT ADVENTURE DAY 1	SEP 8	FREGENE (Lazio)	€ 80 – DEADLINE: Sep 1 http://bit.ly/2tbinWh
SUMMER SPORT ADVENTURE DAY 2	SEP 9	FREGENE (Lazio)	€ 80 – DEADLINE: Sep 1 http://bit.ly/2uEmJcK
SAILING AT LAKE BRACCIANO	SEP 15-18	LAKE BRACCIANO (Lazio)	€ 140 – DEADLINE: Sep 1 http://bit.ly/2vdUDlJ
CIRCEO HIKING DAY	OCT 8	CIRCEO (Lazio)	€ 80 – DEADLINE: Sep 29 http://bit.ly/2tBHfpj
MAJELLA HIKING WEEKEND	OCT 21-22	MAJELLA (Abruzzo)	€ 150 – DEADLINE: Oct 13 http://bit.ly/2tBClsx
MONTEREALE HIKING WEEKEND	NOV 3-4	MONTEREALE (Abruzzo)	€ 150 – DEADLINE: Oct 27 http://bit.ly/2u5wTBN