



# RECREATIONAL CENTER

## CLASSES – SPRING 2017



JCU Fitness Schedule – Gianicolo Residence, Via della Lungara 26

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 AM	PILATES	YOGA	PILATES	YOGA	
1:15 PM					BFEEx
4:15 PM	ZUMBA	FITCROSS	ZUMBA	FITCROSS	
5:15 PM	FUNCTIONAL TRAINING		FUNCTIONAL TRAINING		KICK BOXING
6:15 PM		ABS & LEGS STRETCHING	BFEEx	ABS & LEGS STRETCHING	
7:30 PM	KICK BOXING				
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

## SPORTS TEAMS

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

ACTIVITY	FACILITIES	SCHEDULE	COMMENTS
WOMEN'S SOCCER	TRASTEVERE STADIUM	MON/WED 9pm-10:30pm	"COMPETITIVE SPORT" PHYSICAL NEEDED
MEN'S SOCCER	TRASTEVERE STADIUM	MON/WED 9pm-11pm	"COMPETITIVE SPORT" PHYSICAL NEEDED
MEN'S 5 on 5 SOCCER	TRASTEVERE STADIUM	MON/WED 9:30pm-11:00pm	"COMPETITIVE SPORT" PHYSICAL NEEDED
BASKETBALL	VIRGILIO	TUE/THU 9pm - 10:30pm	"BASIC" PHYSICAL NEEDED
CHEERLEADING	VIRGILIO	MON/WED 7:30pm - 8:30pm	"BASIC" PHYSICAL NEEDED
COED VOLLEYBALL	VIRGILIO	MON/WED 9pm - 11pm	"COMPETITIVE SPORT" PHYSICAL NEEDED
RUNNERS	Meet at JCU Fitness Center	TUE/THU 3:15pm - 4:45pm	"BASIC" PHYSICAL NEEDED

## SPORT TRIPS

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

TRIP	DATE	PLACE	PRICE
CIRCEO HIKING TRIP	JAN 20	TORRE PAOLA (Lazio)	€ 60 - DEADLINE: Jan 16 <a href="http://bit.ly/JCU_Circeo17">http://bit.ly/JCU_Circeo17</a>
WINTER WEEKEND	FEB 24- 26	CIVITELLA ALFEDENA (Abruzzo)	€ 240 - DEADLINE: Feb 5 <sup>TH</sup> <a href="http://bit.ly/JCU_Winter17">http://bit.ly/JCU_Winter17</a>
MONTEREALE WEEKEND	MAR 25-26	MONTEREALE (Abruzzo)	€ 140 - DEADLINE: Mar 10 <a href="http://bit.ly/JCU_Montereale17">http://bit.ly/JCU_Montereale17</a>
TREJA HIKING ADVENTURE TRIP	APR 14	CALCATA VECCHIA (Lazio)	€ 76 - DEADLINE: Mar 31 <a href="http://bit.ly/JCU_Treja17">http://bit.ly/JCU_Treja17</a>

For more information, visit: <http://gladiators.johncabot.edu>