

**MEMBERSHIP  
ELIGIBILITY**

CURRENT ENROLLED STUDENT  
VALID ITALIAN PHYSICAL CERTIFICATE  
COMPLETED ATHLETICS FORMS

**OFFICE HOURS**

9 am -5 pm

**ADDRESSES**

[athletics@johncabot.edu](mailto:athletics@johncabot.edu)

Vicolo della Penitenza 26- GIANICOLO RESIDENCE

## RECREATIONAL CENTER - CLASSES - Fall 2014

JCU Fitness Center - Gianicolo Residence, Vicolo della Penitenza 26

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00-8:45 AM	PILATES	YOGA	ZUMBA	YOGA	
8:45-9:30 AM	ZUMBA		PILATES		
2:15-3:45 PM					BODYWEIGHT
4:15-5:15 PM	FUNCTIONAL TRAINING	FITCROSS	FUNCTIONAL TRAINING	FITCROSS	MUAY THAI
5:15-6:15 PM	MUAY THAI	AIKIDO	CAPOEIRA	AIKIDO	
6:15-7:15 PM	CAPOEIRA		BODYWEIGHT		
6:15-7:45 PM		ABS & LEGS + STRETCHING		ABS & LEGS + STRETCHING	
7:15-8:15 PM	SELF DEFENCE	STRETCHING & TOTAL BODY		STRETCHING & TOTAL BODY	
8:15-9:15 PM	AEROBOX	HIP HOP	MUAY THAI	HIP HOP	

**RECREATIONAL CENTER OPEN FROM:**

**MONDAY-THURSDAY: 8 AM TO 10 PM --- FRIDAY-SUNDAY: 10 AM TO 8 PM**

**VALID JCU ID CARD NEEDED TO ENTER THE GYM**

PLEASE NOTE: This schedule may be subject to change