



# RECREATIONAL CENTER

## CLASSES - FALL 2016



JCU Fitness Center - Gianicolo Residence, Vicolo della Penitenza 26

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 AM	PILATES	YOGA	PILATES	YOGA	
1:15 PM					BFEx
4:15 PM	FUNCTIONAL TRAINING	FITCROSS	FUNCTIONAL TRAINING	FITCROSS	
5:15 PM		ZUMBA	LATIN DANCE	ZUMBA	KICK BOXING
6:15 PM	LATIN DANCE	ABS & LEGS STRETCHING	BFEx	ABS & LEGS STRETCHING	
7:45 PM		UPPER BODY		UPPER BODY	
8:30 PM	KICK BOXING				

**OPEN FROM:** MONDAY - THURSDAY: 8 AM TO 10 PM

FRIDAY - SUNDAY: 10 AM TO 8 PM

VALID JCU ID CARD AND PHYSICAL NEEDED TO ENTER THE GYM

## SPORTS TEAMS

Fields: VIRGILIO Via Giulia, 40 / VITTORIO BACHELET Via Vitellia, 50

ACTIVITY	FACILITIES	SCHEDULE	COMMENTS
WOMEN'S SOCCER	BACHELET	MONDAY / WEDNESDAY 9:00 PM - 10:30 PM	"COMPETITIVE SPORT" PHYSICAL NEEDED
MEN'S SOCCER	BACHELET	MONDAY / WEDNESDAY 8:45 PM - 10:45 PM	"COMPETITIVE SPORT" PHYSICAL NEEDED
MEN'S 5 on 5 SOCCER	BACHELET	MONDAY / WEDNESDAY 9:30 PM - 11:00 PM	"COMPETITIVE SPORT" PHYSICAL NEEDED
COED VOLLEYBALL	VIRGILIO	MONDAY / WEDNESDAY 9:30 PM - 11:00 PM	"COMPETITIVE SPORT" PHYSICAL NEEDED
BASKETBALL	VIRGILIO	TUESDAY / THURSDAY 9:00 PM - 10:30 PM	"BASIC" PHYSICAL NEEDED
CHEERLEADING	VIRGILIO	MONDAY / WEDNESDAY 8:00 PM - 9:00 PM	"BASIC" PHYSICAL NEEDED
RUNNERS	TBD	MONDAY / WEDNESDAY 6:00 PM - 7:30 PM	"BASIC" PHYSICAL NEEDED

## SPORT TRIPS

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

TRIP	DATE	PLACE	PRICE
SAPRI TRIP	SEP 9 - 11th	SAPRI CAMPANIA	€ 180 - DEADLINE TO SIGN UP AND PAY BY SEPTEMBER 5th <a href="http://bit.ly/saprifall">http://bit.ly/saprifall</a>
HIKING TRIP 1	OCT 29 - 30th	FRASSASSI MARCHE	€ 140 - DEADLINE TO SIGN UP AND PAY BY OCTOBER 7th <a href="http://bit.ly/frassassifall">http://bit.ly/frassassifall</a>
HIKING TRIP 2	NOV 11 - 12th	PATRIGNONE FOREST ABRUZZO	€ 140 - DEADLINE TO SIGN UP AND PAY BY OCTOBER 21st <a href="http://bit.ly/patrignone">http://bit.ly/patrignone</a>

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