

MEMBERSHIP ELIGIBILITY CURRENT ENROLLED STUDENT
 VALID ITALIAN PHYSICAL CERTIFICATE
 COMPLETED ATHLETICS FORMS

OFFICE HOURS 9 am -5 pm
 ADDRESSES athletics@johncabot.edu
 Vicolo della Penitenza 26- GIANICOLO RESIDENCE

RECREATIONAL CENTER - CLASSES - Summer I 2014

JCU Fitness Center - Gianicolo Residence, Vicolo della Penitenza 26

TIME	Monday	Tuesday	Wednesday	Thursday	Friday
9:00 AM	PILATES				
12:00 PM					AIKIDO
4:15 PM		FITCROSS		FITCROSS	
5:15 PM		CALISTHENICS - Body Weight		CALISTHENICS - Body Weight	
6:15 PM	ABS & LEGS	ZUMBA	ABS & LEGS		
8:00 PM	MUAY THAI		MUAY THAI		



RECREATIONAL CENTER OPEN FROM:

8 AM TO 10 PM MONDAY- FRIDAY - 10 AM TO 8 PM SATURDAY AND SUNDAY

VALID JCU ID CARD NEEDED TO ENTER THE GYM

