



# RECREATIONAL CENTER – SPRING 2018

## FITNESS CLASSES



JCU Fitness Center – Gianicolo Residence, Vicolo della Penitenza, 2B – <http://gladiators.johncabot.edu>

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
8:00 AM	HIIT		HIIT	
10:00 AM		YOGA		YOGA
12:00 PM	AIKIDO			
4:15 PM	FUNCTIONAL TRAINING	FITCROSS	FUNCTIONAL TRAINING	FITCROSS
5:15 PM	KICK BOXING	CHEERDANCE	KICK BOXING	
6:15 PM	ZUMBA	ABS & LEGS STRETCHING	ZUMBA	ABS & LEGS STRETCHING
7:15 PM	BFEEx		BFEEx	
7:45 PM		UPPER BODY		UPPER BODY

\*Valid JCU ID card and PHYSICAL needed to enter the gym

**OPENING HOURS: MONDAY – THURSDAY: FROM 8AM TO 10PM / FRIDAY – SUNDAY: FROM 10AM TO 8PM**

## VARSITY TEAMS

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

ACTIVITY	FACILITIES	SCHEDULE	COMMENTS
WOMEN'S 5vs5 SOCCER	TRASTEVEVE STADIUM	MON/WED 9pm-10:30pm	"COMPETITIVE" PHYSICAL NEEDED
MEN'S 5vs5 SOCCER	TRASTEVEVE STADIUM	MON/WED 9pm-10:30pm	"COMPETITIVE" PHYSICAL NEEDED
MEN'S SOCCER	TRASTEVEVE STADIUM	MON/WED 9pm – 11pm	"COMPETITIVE" PHYSICAL NEEDED
COED VOLLEYBALL	VIRGILIO	MON/WED 9pm – 11pm	"COMPETITIVE" PHYSICAL NEEDED
COED BASKETBALL	VIRGILIO	TUE/THU 9:30pm – 11pm	"BASIC" PHYSICAL NEEDED
CHEERLEADING	JCU FITNESS CENTER	TUE 5:15pm – 6:15pm	"BASIC" PHYSICAL NEEDED

## SPORT TRIPS

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

JANUARY	FEBRUARY	MARCH	APRIL
1 <sup>9</sup> <sup>TH</sup> - MONTE AUTORE SNOWSHOE HIKE <a href="http://bit.ly/snowshoes1">http://bit.ly/snowshoes1</a>	2 <sup>ND</sup> CAMPOSECCO SNOWSHOE HIKE <a href="http://bit.ly/snowshoes2">http://bit.ly/snowshoes2</a>	2 <sup>ND</sup> -4 <sup>TH</sup> - AMALFI/POSITANO HIKE <a href="http://bit.ly/amalfihike">http://bit.ly/amalfihike</a>	3 <sup>RD</sup> -6 <sup>TH</sup> - ARGENTARIO SAILING <a href="http://bit.ly/argentariosailing">http://bit.ly/argentariosailing</a>
20 <sup>TH</sup> - MONTERANO HIKE <a href="http://bit.ly/monteranohike">http://bit.ly/monteranohike</a>	3 <sup>RD</sup> - BOMARZO HIKE <a href="http://bit.ly/bomarzohike">http://bit.ly/bomarzohike</a>	16 <sup>TH</sup> - CIRCEO HIKE <a href="http://bit.ly/CirceoSp18">http://bit.ly/CirceoSp18</a>	13 <sup>TH</sup> -14 <sup>TH</sup> - TUSCIA HIKE <a href="http://bit.ly/TusciaSP18">http://bit.ly/TusciaSP18</a>
	4 <sup>TH</sup> - MONTE SEMPREVISA HIKE <a href="http://bit.ly/semprevisahike">http://bit.ly/semprevisahike</a>	23 <sup>RD</sup> -24 <sup>TH</sup> MONTEREALE HIKE <a href="http://bit.ly/MonterealeSP18">http://bit.ly/MonterealeSP18</a>	
	17 <sup>TH</sup> - MONTE PELLECCCHIA HIKE <a href="http://bit.ly/pelleccchiahike">http://bit.ly/pelleccchiahike</a>		
	23 <sup>RD</sup> -25 <sup>TH</sup> - FRANCIGENA TREKKING <a href="http://bit.ly/francigenatrekking">http://bit.ly/francigenatrekking</a>		

This schedule may be subject to change. Please visit <http://gladiators.johncabot.edu> for any updates.