



# RECREATIONAL CENTER



## CLASSES - Fall 2015

JCU Fitness Center - Gianicolo Residence, Vicolo della Penitenza 26

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 AM	YOGA	PILATES	YOGA	PILATES	
10:00 AM		ZUMBA		ZUMBA	
2:15 PM					BFE <sub>x</sub>
3:15 PM		INDOOR CLIMBING 101		INDOOR CLIMBING 101	HIP HOP
4:15 PM	FUNCTIONAL TRAINING	FITCROSS	FUNCTIONAL TRAINING	FITCROSS	
6:15 PM		ABS&LEGS	BFE <sub>x</sub>	ABS&LEGS	AIKIDO
7:15 PM		STRETCHING + TOTAL BODY	HIP HOP	STRETCHING + TOTAL BODY	
8:15 PM	MUAY THAI	LATIN DANCE	MUAY THAI	LATIN DANCE	

**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

## SPORTS TEAMS

Fields: VIRGILIO Via Giulia, 40 / PETRIANA Via S. Maria Mediatrice, 24

ACTIVITY	FACILITIES	SCHEDULE	COMMENTS
CHEERLEADING	VIRGILIO	MONDAY / WEDNESDAY 8:00 PM - 9:00 PM	"Basic" Physical Needed
WOMEN'S SOCCER	PETRIANA	MONDAY / WEDNESDAY 8:45 PM - 10:15 PM	"Competitive Sport" Physical Needed
MEN'S SOCCER	PETRIANA	MONDAY / WEDNESDAY 8:30 PM - 10:30 PM	"Competitive Sport" Physical Needed
COED VOLLEYBALL	VIRGILIO	TUESDAY / THURSDAY 9:00 PM - 11:00 PM	"Competitive Sport" Physical Needed
COED BASKETBALL	VIRGILIO	MONDAY / WEDNESDAY 9:30 PM - 10:30 PM	"Basic" Physical Needed

## SPORT TRIPS

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

TRIP	WHEN	WHERE	PRICE
SAPRI WEEKEND	September 25-26th	Sapri Campania	€ 120 - DEADLINE to sign up and pay September 11 th
HIKING ADVENTURE WEEKEND	November 7-8th	Patrignone Forest Abruzzo	€ 140 - DEADLINE to sign up and pay October 30 th