

MEMBERSHIP ELIGIBILITY	CURRENT ENROLLED STUDENT	OFFICE HOURS	9 am -5 pm
	VALID ITALIAN PHYSICAL CERTIFICATE	ADDRESSES	<a href="mailto:athletics@johncabot.edu">athletics@johncabot.edu</a> Vicolo della Penitenza 26- GIANICOLO RESIDENCE
	COMPLETED ATHLETICS FORMS		

### 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		CAPOEIRA		
6:15-7:15 PM	CAPOEIRA		BODYWEIGHT		AIKIDO
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



#### Sports - Fall 2014

Fields: PETRIANA, via S.Maria Mediatrice 24 - ROMAUNO, Largo Ascianghi 4 - VIRGILIO, Via Giulia 40

ACTIVITY	FACILITIES	SCHEDULE	COMMENTS
WOMEN'S SOCCER TEAM	PETRIANA	Monday/Wednesday 8:45pm-10.15pm	"Competitive Sport" Physical Needed
MEN'S SOCCER TEAM	PETRIANA	Monday/Wednesday 8:45pm-10.45pm	"Competitive Sport" Physical Needed
VOLLEYBALL TEAM	VIRGILIO	Monday: 8:30pm-10:30pm Wednesday: 9:00pm-10:30pm	"Competitive Sport" Physical Needed
MEN'S BASKETBALL TEAM	VIRGILIO	Monday: 8:00pm-9:00pm Wednesday: 8:30pm-9:30pm	"Basic" Physical Needed
RUNNING CLUB	Meet at the Tiber Campus	Monday/Wednesday 9:00am - 10:30am	"Basic" Physical Needed

#### Outdoor Education\* - Fall 2014

\*Please note that all participation fees are not refundable. Payments can be made online or by credit card at the athletics office, by the deadline given.

TRIP	WHEN	WHERE	PRICE
Sapri Weekend Trip	September 19th - 20th	Sapri (Campania)	€100 - Deadline to sign up and pay September 12th
Hiking Weekend Trip	October 11th - 12th	Patrignone Forest (Abruzzo)	€120 - Dealine to sign up and pay October 3rd
Hiking Day Trip	November 8th	Frasassi Caves & Valadier's Temple (Marche)	€50 - Deadline to sign up and pay October 31st

#### External agreements\*\* - Fall 2014

\*\*Please note that all external agreements require a participation fee each time you use the facility. Payment must be made directly to the facility.

ACTIVITY	FACILITIES	SCHEDULE	COMMENTS
Aikido	Jurokumon dojo Vicolo della Penitenza 25	Monday-Thursday	Info at <a href="mailto:info@jurokumon.it">info@jurokumon.it</a> "Basic" Physical Needed
Basketball	Petriana Via S. Maria Mediatrice	Monday-Saturday	Free outdoor court. Bring your basketballs "Basic" Physical Needed
Cricket Team	ASD Stone Tower Torrimpietra (Rm)	Wednesday/Friday	Info at <a href="mailto:stonetower.asd@gmail.com">stonetower.asd@gmail.com</a> "Basic" Physical Needed
CrossFit	CrossFit 11 K Via San Fabiano 7	Everyday	Info at <a href="mailto:undicik@gmail.com">undicik@gmail.com</a> - +39 339 5730664 "Basic" Physical Needed
Lacrosse Team	Roma Leones Via Salvatore Pincherle 144	Monday/Wednesday: 8.30pm-10.30pm	Info at <a href="mailto:info@romaleoneslacrosse.it">info@romaleoneslacrosse.it</a> "Competitive Sport" Physical Needed
Manual Therapy and Rehabilitation	Dr. Monteiro Diederichs Guarini Campus	Everyday	info: <a href="http://www.monteirodiederichs.com">www.monteirodiederichs.com</a> +39 3284563141
Nutritionist	Dr. Monica Antonucci	Everyday	info and appointments: <a href="mailto:antonucci.monica@gmail.com">antonucci.monica@gmail.com</a> +39 3332678908
Paintball	ASD Stone Tower Torrimpietra (Rm)	Everyday	Info at <a href="mailto:stonetower.asd@gmail.com">stonetower.asd@gmail.com</a> "Basic" Physical Needed
Sailing	Velamare Via Dandolo 24	Weekend	info at <a href="mailto:roma@velamare.it">roma@velamare.it</a> "Basic" Physical Needed
Tennis	Nocetta Sport Complex Via Silvestri 16/A	Everyday	Mandatory Reserv. at +39 335 6859271 (Antonucci) "Basic" Physical Needed

PLEASE NOTE: This schedule may be subject to change