

MEMBERSHIP ELIGIBILITY	CURRENT ENROLLED STUDENT	OFFICE HOURS	9 am - 5 pm
	VALID ITALIAN PHYSICAL CERTIFICATE	ADDRESSES	athletics@johncabot.edu Vicolo della Penitenza 26 - GIANICOLO RESIDENCE
	COMPLETED ATHLETICS FORMS		

RECREATIONAL CENTER - CLASSES - Spring 2015

JCU Fitness Center - Gianicolo Residence, Vicolo della Penitenza 26

	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 AM	PILATES	YOGA	PILATES	YOGA	
9:00 AM	ZUMBA		ZUMBA		
2:15 PM					BFE _x
4:15 PM	FUNCTIONAL TRAINING	FITCROSS	FUNCTIONAL TRAINING	FITCROSS	MUAY THAI
5:15 PM			CAPOEIRA FIT		
6:15 PM	CAPOEIRA FIT	ABS & LEGS	BFE _x	ABS & LEGS	AIKIDO
7:15 PM	HIP HOP	STRETCHING + TOTAL BODY	HIP HOP	STRETCHING + TOTAL BODY	
8:15 PM	MUAY THAI	LATIN DANCE	MUAY THAI	LATIN DANCE	

OUTDOOR WORKOUT: MONDAY/WEDNESDAY 8:00AM-9:30AM - Meeting at Tiber Campus



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 - Spring 2015

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

ACTIVITY	FACILITIES	SCHEDULE	COMMENTS
CHEERLEADING TEAM	VIRGILIO	Tuesday/Thursday 6:45pm-7.45pm	"Basic" Physical Needed
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
COED VOLLEYBALL TEAM	VIRGILIO	Monday: 8:30pm-10:30pm Wednesday: 9:00pm-10:30pm	"Competitive Sport" Physical Needed
COED BASKETBALL TEAM	VIRGILIO	Monday: 8:00pm-9:00pm Wednesday: 8:30pm-9:30pm	"Basic" Physical Needed

Outdoor Education* - Spring 2015

*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
Winter Weekend Excursion	March 6th-7th	Civitella Alfedena (Abruzzo)	€140 - Deadline to sign up and pay February 6th
Weekend Hiking Adventure	March 14th - 15th	Patrignone Forest (Abruzzo)	€140 - Deadline to sign up and pay February 13th

External agreements** - Spring 2015

**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	Tuesday - 7:00pm-8:00pm	Info at info@iurokumon.it "Basic" Physical Needed
Basketball Outdoor Court	Petria 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 stonetower.asd@gmail.com "Basic" Physical Needed
CrossFit	CrossFit 11 K Via San Fabiano 7	Everyday	Info at undick@gmail.com - +39 339 5730664 "Basic" Physical Needed
Lacrosse Team	Roma Leones Via Salvatore Pincherle 144	Monday/Wednesday: 8:30pm-10:30pm	Info at info@romaleoneslacrosse.it "Competitive Sport" Physical Needed
Manual Therapy and Rehabilitation	Dr. Monteiro Diederichs Guarini Campus	Monday/Wednesday/Friday	www.supersaas.co.uk/schedule/KinesiologyRehabilitation +39 3284563141
Nutritionist	Dr. Monica Antonucci Studio nutrizione Monteverde	Everyday	info and appointments: antonucci.monica@gmail.com +39 332678908
Paintball	ASD Stone Tower Torrimpietra (Rm)	Everyday	Info at stonetower.asd@gmail.com "Basic" Physical Needed
Sailing	Velamare Via Dandolo 24	Weekend	info at roma@velamare.it "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