



RECREATIONAL CENTER

CLASSES - SPRING 2016



JCU Fitness Center - Gianicolo Residence, Vicolo della Penitenza 26

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 AM	YOGA		YOGA		
9:00 AM		PILATES		PILATES	
10:00 AM		ZUMBA		ZUMBA	
2:15 PM					BFEx
3:15 PM		INDOOR CLIMBING 101		INDOOR CLIMBING 101	
4:15 PM	FUNCTIONAL TRAINING	FITCROSS	FUNCTIONAL TRAINING	FITCROSS	
5:15 PM			DANCE THERAPY		
6:15 PM		ABS & LEGS STRETCHING	BFEx	ABS & LEGS STRETCHING	AIKIDO
7:15 PM	HIP HOP	TOTAL BODY	HIP HOP	TOTAL BODY	
8:15 PM		LATIN DANCE		LATIN DANCE	

OPEN FROM: MONDAY - THURSDAY: 8 AM TO 10 PM
FRIDAY - SUNDAY: 10 AM TO 8 PM

VALID JCU ID CARD AND PHYSICAL 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
RUNNERS	-	WEDNESDAY 9:00 AM - 10:30 AM FRIDAY 12:30 PM - 2:00 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	DATE	PLACE	PRICE
SNOW TRIP	MARCH 4 - 6th	CIVITELLA ALFEDENA ABRUZZO	€160 - DEADLINE TO SIGN UP AND PAY BY FEBRUARY 5th
HIKING TRIP	MARCH 12 - 13th	MONTEREALE ABRUZZO	€140 - DEADLINE TO SIGN UP AND PAY BY FEBRUARY 26th
OUTDOOR SPORTS	MARCH 19 - 20th	VICO LAKE LAZIO	€160 - DEADLINE TO SIGN UP AND PAY BY MARCH 4th