

**MEMBERSHIP
ELIGIBILITY**

CURRENT ENROLLED STUDENT
 VALID ITALIAN PHYSICAL CERTIFICATE
 COMPLETED ATHLETICS FORMS

OFFICE HOURS

9 am -5 pm

ADDRESSES

athletics@johncabot.edu

Vicolo della Penitenza 26- GIANICOLO RESIDENCE

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

PLEASE NOTE: This schedule may be subject to change