

# RECREATIONAL CENTER

## CLASSES - Summer I 2015

JCU Fitness Center - Gianicolo Residence, Vicolo della Penitenza 26

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 AM	PILATES	YOGA	PILATES	YOGA	
12:00 PM					AIKIDO
4:15 PM	FITCROSS	FUNCTIONAL TRAINING	FITCROSS	FUNCTIONAL TRAINING	
6:15 PM		ABS&LEGS +	BFEX	ABS&LEGS +	
7:15 PM	BFEX	STRETCHING		STRETCHING	
7:45 PM		LATIN DANCE		LATIN DANCE	



**OUTDOOR WORKOUT:** MONDAY/WEDNESDAY 4:30 PM-6 PM  
Meeting at Tiber Campus

VALID JCU ID  
CARD NEEDED TO  
ENTER THE GYM

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

**MEMBERSHIP:** Current enrolled student  
**ELEGIBILITY** Valid Italian physical certificate  
Completed athletics form



**OFFICE HOURS:** 9 am - 5 pm  
**EMAIL:** [athletics@johncabot.edu](mailto:athletics@johncabot.edu)