

October Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday
Spin 5:00 pm	HIIT 5:00 pm	Spin 5:00 pm	Spin 6:15 am
	NAS I FIT DISTRICT		
	Primal Fitness 6:00 pm		
NAS I FIT DISTRICT	MARINAI	NAS I FIT DISTRICT	NAS II FLIGHT LINE CENTER

Specialty Fitness Events This Month

If you are interested in any of the below fitness events happening this month, please be sure to visit www.navymwrsigonella.com for complete details, including timing, location and how to register. For any questions, please contact the Fitness Center at 624-4483.

13
Oct

2020 Strongman Competition

15
Oct

The Great Pumpkin Splash

23
Oct

Costume Run

24
Oct

Cornhole Tournament

SPECIAL EVENTS

Spin

Our spin class is a high energy class packed with great music!

HIIT

A series of low to high intensity interval training exercises.

Primal Fitness

Meet at the basketball court next to Umberto's for a full body workout that will change the way you look at fitness.

GET MORE DETAILS ON
WWW.NAVYMWRSIGONELLA.COM



Get the App!



MWR Sigonella



Instagram
NAVY MWR Sigonella

