



RECREATIONAL CENTER

CLASSES – SPRING 2017



JCU Fitness Schedule – Gianicolo Residence, Via della Lungara 26

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:00 AM	PILATES	YOGA	PILATES	YOGA	
1:15 PM					BfEx
4:15 PM	ZUMBA	FITCROSS	ZUMBA	FITCROSS	
5:15 PM	FUNCTIONAL TRAINING		FUNCTIONAL TRAINING		KICK BOXING
6:15 PM		ABS & LEGS STRETCHING	BfEx	ABS & LEGS STRETCHING	
6:45 PM	CHEER DANCE ^{NEW}				
7:15 PM			CHEER DANCE ^{NEW}		
7:45 PM	KICK BOXING	UPPER BODY		UPPER BODY	

*Valid JCU ID card and Physical needed to enter the gym

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

SPORTS TEAMS

Fields: **VIRGILIO** Via Giulia, 40 / **TRASTEVERE STADIUM** Via Vitellia, 50

ACTIVITY	FACILITIES	SCHEDULE	COMMENTS
WOMEN'S SOCCER	TRASTEVERE STADIUM	MON/WED 9pm-10:30pm	"COMPETITIVE SPORT" PHYSICAL NEEDED
MEN'S SOCCER	TRASTEVERE STADIUM	MON/WED 9pm-11pm	"COMPETITIVE SPORT" PHYSICAL NEEDED
MEN'S 5 on 5 SOCCER	TRASTEVERE STADIUM	MON/WED 9:30pm-11:00pm	"COMPETITIVE SPORT" PHYSICAL NEEDED
BASKETBALL	VIRGILIO	TUE/THU 9pm – 10:30pm	"BASIC" PHYSICAL NEEDED
CHEERLEADING	JCU FITNESS CENTER	MON: 6:45pm WED: 7:15pm	"BASIC" PHYSICAL NEEDED
COED VOLLEYBALL	VIRGILIO	MON/WED 9pm – 11pm	"COMPETITIVE SPORT" PHYSICAL NEEDED
RUNNERS	Meet at JCU Fitness Center	TUE/THU 3:15pm – 4:45pm	"BASIC" PHYSICAL NEEDED

SPORT TRIPS

*Participation fees are not refundable. Payments can be made online by the deadline.

TRIP	DATE	PLACE	PRICE
CIRCEO HIKING TRIP	JAN 20	TORRE PAOLA (Lazio)	€ 60 – DEADLINE: Jan 16 http://bit.ly/JCU_Circeo17
WINTER WEEKEND	FEB 24- 26	CIVITELLA ALFEDENA (Abruzzo)	€ 240 – DEADLINE: Feb 5 TH http://bit.ly/JCU_Winter17
MONTEREALE WEEKEND	MAR 25-26	MONTEREALE (Abruzzo)	€ 140 – DEADLINE: Mar 10 http://bit.ly/JCU_Montereale17
TREJA HIKING ADVENTURE TRIP	APR 14	CALCATA VECCHIA (Lazio)	€ 76 – DEADLINE: Mar 31 http://bit.ly/JCU_Treja17

For more information, visit: <http://gladiators.johncabot.edu>