

Ederle & Del Din Fitness Center

GROUP EXERCISE

January 2019

	MON	TUE	WED	THURS	FRI	
9 a.m.	Cycling Amy (GF2) <i>No class Jan. 21</i> Power Pump Emily (GF1) <i>No class Jan. 21</i>	Kettle Bell Strength Camelia (GF3) TRX HIIT Emily (Basketball Court) Foundations of Flow Yoga: Small Group Series Amber (GF1) <i>Pre-registration only</i>	Cycling Amy (GF2) Slow Flow Yoga Laurie (GF 1) <i>75 min. class- \$5 tickets</i>	Kettle Bell Strength Camelia (GF3) Foundations of Flow Yoga: Small Group Series Amber (GF1) <i>Pre-registration only</i>	Power Pump Emily (GF1) <i>No class Jan. 18</i>	
9:30 a.m.	Relaxation Flow Viky (GF3)		Relaxation Flow Viky (GF3)		Relaxation Flow Viky (GF3)	
10 a.m.		Taekwondo Kim Sung Bok		Taekwondo Kim Sung Bok		
10:30 a.m.	Zumba Fab4 Volunteers (GF1)	(10:45) Zumba Fanny (GF1)	Zumba Fab4 Volunteers (GF1)	(10:45) Zumba Fanny (GF1)	Zumba Fab4 Volunteers (GF1)	
12 p.m.	45' HIIT Cycling Stephanie (GF2) (11:45 a.m.) Warrior Yoga Mini Series: Shoulders Amber (Del Din) <i>Pre-registration only</i>	(11:45 a.m.) TRX HIIT Emily (Basketball Court) Yoga for Your Back: Small Group Series Amber (GF1) <i>Pre-registration only</i>	Cycling/ Yoga Fusion (GF2) Stephanie & Laurie <i>Class: Jan. 2, 9, 16</i> 45' HIIT Cycling Stephanie (GF2) <i>Class: Jan. 23 & 30</i>	Lunchtime Yoga: Small Group Series Amber (GF1) <i>Pre-registration only</i>	(11:45 a.m.) Kettle Bell Strength Camelia (GF3) Yoga for Your Back: Small Group Series Amber (GF1) <i>Pre-registration only</i>	(11:45 a.m.) TRX HIIT Emily (Basketball Court) <i>No class Jan. 18</i> (11:45 a.m.) All Levels Flow Yoga Laurie (GF1) <i>75 min. class- \$5 tickets No class Jan. 18</i>
5 p.m.		Cycling 5:15 pm Stephanie (GF2) <i>No class Jan. 1</i> Stretching Body Alignment Viky (GF3)	Evening Yoga Amber (GF3) <i>Pre-registration only</i>	Stretching Body Alignment Viky (GF3)	Stretching Body Alignment Viky (GF3)	
5:30 p.m.	Stretching Body Alignment Viky (GF3) Zumba Fanny (GF3)	Power Pump Emily (GF1)	Zumba Fanny (GF1)	Power Pump Emily (GF1) <i>No class Jan. 17</i>		
6 p.m.		Taekwondo Kim Sung Bok (Combative)		Taekwondo Kim Sung Bok (Combative)	Yoga for Your Back Amber (Del Din) <i>Pre-registration only</i>	

Fitness Center's class prices:

All other classes are \$5 per class or \$35 for 10 classes.

All yoga classes require pre-registration at fitness center front desks.

Fitness Center's class locations:

- Group Fitness Room 1 (GF1) – Upstairs (take the metal staircase outside the Fitness Center)
- Group Fitness Room 2 (GF2) – Upstairs above the main Cardio Room
- Group Fitness 3 (GF3) – Door next to the vending machine

