

Ederle & Del Din Fitness Center

GROUP EXERCISE

June 2019

	MON	TUE	WED	THURS	FRI
9 a.m.	Power Pump Emily (GF1) <i>(June 24 only)</i>	Cycling Audra (GF2)	(9:15 a.m.) Zumba Michelle (GF1)	Cycling Audra (GF2)	Power Pump Emily (GF1) <i>(No class June 7, 14)</i>
9:30 a.m.		Yoga Viky (GF1) Boot Camp Macey (Functional Fitness) <i>(No class June 4, 11)</i>	Stretching and Body Alignment Viky (Functional Fitness) Boot Camp Macey (Functional Fitness) <i>(No class June 5, 12)</i>	Yoga Viky (GF1) Boot Camp Macey (Functional Fitness) <i>(No class June 6, 13)</i>	
10 a.m.		Taekwondo Kim Sung Bok		Taekwondo Kim Sung Bok	
10:30 a.m.	Strong By Zumba Dee (GF1)	(10:45) Zumba Fanny (GF1)	Pilates Laura (GF1) <i>(No class June 12, 26)</i>	(10:45 a.m.) Zumba Fanny (GF1)	Zumba Ingrid (GF1)
11:30 a.m.	Lunch Pump Club Macey (Functional Fitness) <i>(No class June 3)</i> (11:45 a.m.) Yoga & Breath Series Amber (Del Din) <i>Pre-Registration Required</i>	(11:45 a.m.) TRX HIIT Emily (Functional Fitness) <i>(No class June 4, 11)</i>	Lunch Pump Club Macey (Functional Fitness)	(11:45 a.m.) TRX HIIT Emily (Function Fit) <i>(No class June 6, 13)</i>	Lunch Pump Club Macey (Functional Fitness) <i>(No class June 14)</i>
12 p.m.	45' Cycling Stephanie (GF2)	Yoga for your Back Small Group Series Amber (GF1) <i>Pre-Registration Required</i>	45' HIIT Cycling Stephanie (GF2)	Yoga for your Back Small Group Series Amber (GF1) <i>Pre-Registration Required</i>	
5:30 p.m.	Zumba Fanny (GF1) Stretching and Body Alignment Viky (Functional Fitness)	Power Pump Emily (GF1) <i>(No class June 4, 11)</i> Stretching Body Alignment Viky (Functional Fitness)	Zumba Fanny (GF1) Stretching Body Alignment Viky (Del Din Combatives Room) (5:15 p.m.) 45' Cycling Stephanie & Emily (GF2)	Power Pump Emily (GF1) <i>(No class June 6, 13)</i> Stretching body Alignment Viky (Functional Fitness)	Stretching and Body Alignment Viky (Functional Fitness)
6 p.m.		Taekwondo Kim Sung Bok (Combative) (6:30 p.m.) Stretching Body Alignment Viky (Functional Fitness)		Taekwondo Kim Sung Bok (Combative)	

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

Fitness Center's class prices:

- All other classes are \$5 per class or \$35 for 10 classes.
- 75 minute classes are \$5 each.

All yoga classes are pre-registration or drop-in, please consult with your instructor on questions.

