

Be sure to read the  
areas on the schedule  
for dates that say

**NO CLASS!!**



V1.0

**Ederle & Del Din Fitness Center**

# GROUP EXERCISE

## November 2021

	MON	TUE	WED	THURS	FRI	SAT
06:30 a.m.				CLOSED THANKSGIVING DAY		
09:00 a.m.		Taekwondo Master Kim  Yoga Tammie (GF1)		Taekwondo Master Kim  Power Yoga Tammie (GF1)	Hot Yoga Tammie (GF3)	SPIN Sarah C. (GF2) @ 9:00 am
10:00 a.m.	Zumba Ingrid (GF1)	POWERPUMP Steffi (@ 10:15 GF1)	Zumba Ingrid (GF1)		Zumba Ingrid (GF1)	POP-UP CLASS Nov 20 <sup>th</sup> Power Yoga Tammie (GF1) @ 10:00 am
11:45 a.m.						
12 p.m.	CORE Cycle Sarah (GF2) <b>(NO CLASS NOV 22<sup>ND</sup>, 29<sup>TH</sup>)</b>  STRONG Bell Isabella 30 Min (Functional Fitness)	HIRT Sarah (GF1) <b>(NO CLASS NOV 30<sup>TH</sup>)</b>	Lunch Time Stretch Yoga Tammie (GF1)  SPIN with Sarah Sarah (GF2)  STRONG Bell Isabella 30 Min (Functional Fitness)	HIRT Sarah (GF1) <b>(NO CLASS NOV 11<sup>th</sup>, 25<sup>th</sup>)</b>	STRONG Bell Isabella 30 Min (Functional Fitness)	
5 p.m.			Yoga-N-Sip Tammie (GF1)			
6 p.m.	Stretching & Alignment Dr. Rebecca (GF1)	Zumba Michelle (@ 5:30 GF1)				



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### 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:

Martial Arts: \$12 Ticket or \$70 Monthly ticket.

Small Group & Pool Classes ask Front Desk for details.

All other classes are \$5 per class or \$40 for 10 classes.



For more information, call 0444-71-4467.  
italy.armyMWR.com