

# Ederle Fitness Center

# GROUPEXERCISE SCHEDULE

## December 2023

	MON	TUE	WED	THURS	FRI	SAT
9:00 a.m.	<b>Pilates</b> Ashley (GF1) <i>No class 25<sup>th</sup></i>  <b>SLAM @ 9:30</b> (Del Din Fitness Center)	<b>Taekwondo</b> Master Kim (Combative Room)  <b>Power Pump</b> Steffi (GF1) <i>No class 19<sup>th</sup> &amp; 26<sup>th</sup></i>  <b>Pilates on Equipment</b> Ashley (Pilates studio) <i>No class 26<sup>th</sup></i>	<b>Pilates</b> Ashley (GF1) <i>No class 27<sup>th</sup></i>  <b>SLAM</b> (Basketball Court or Track)	<b>Taekwondo</b> Master Kim (Combative Room)  <b>SLAM</b> (B-Ball Court or Track)  <b>All Levels Yoga</b> Sarah H. (GF1)  <b>Pilates on Equipment</b> Ashley (Pilates studio) <i>No class 28<sup>th</sup></i>	<b>Pilates</b> Ashley (GF1) <i>No class 29<sup>th</sup></i>  <b>SLAM</b> (B-Ball Court or Track)	
10:00 a.m.	<b>Zumba</b> Charmaine (GF1)		<b>Zumba</b> Charmaine (GF1)	<b>FitYoga (10:30)</b> Raluca (GF1) <i>NO CLASS 7<sup>th</sup> &amp; 21<sup>st</sup></i>	<b>Zumba</b> Charmaine (GF1)	
12:00 p.m.	<b>STRONG Bell</b> Isabella 30 Min (GF1) <i>No class 25<sup>th</sup></i>  <b>CARDIO STRENGTH</b> Alessandra (Basketball Court)  <b>Spin</b> Taylor (GF2) <i>NO CLASS 25<sup>th</sup></i>  <b>Pilates on Equipment @12:15</b> Ashley (Pilates studio) <i>No class 25<sup>th</sup></i>	<b>Zumba</b> Charmaine (GF1) <i>No class 19<sup>th</sup> &amp; 26<sup>th</sup></i>  <b>Pilates @ 12:15</b> Ashley (Combative) <i>No class 26<sup>th</sup></i>  <b>Pilates on Equipment @4:30</b> Ashley (Pilates studio) <i>No class 26<sup>th</sup></i>  <b>HITT/Strength @1210</b> Grace (Functional Room)	<b>STRONG Bell @ 11:30</b> Isabella 30 Min (GF1) <i>No class 27<sup>th</sup></i>  <b>CARDIO STRENGTH</b> Alessandra (GF1)  <b>SPIN &amp; Strength</b> Taylor (GF2) <i>No class 27<sup>th</sup></i>  <b>Pilates on Equipment @12:15 &amp; 4:30</b> Ashley (Pilates studio) <i>No class 27<sup>th</sup></i>	<b>Zumba</b> Charmaine (GF1) <i>NO CLASS 21<sup>st</sup> &amp; 28<sup>th</sup></i>  <b>Pilates @ 12:15</b> Ashley (Combative) <i>No class 28<sup>th</sup></i>  <b>HITT/Strength @1210</b> Grace (Functional Room)	<b>STRONG Bell</b> Isabella 30 Min (GF1) <i>NO CLASS 29<sup>th</sup></i>  <b>CARDIO STRENGTH</b> Alessandra (Basketball Court) <i>No class 8<sup>th</sup> &amp; 15<sup>th</sup></i>	
5:00 p.m.		<b>Pilates on Equipment @5:30</b> Ashley (Pilates studio) <i>No class 26<sup>th</sup></i>	<b>Slow Flow Yoga</b> Sarah H. (GF1) <i>No class 20<sup>th</sup> &amp; 27<sup>th</sup></i>  <b>Pilates on Equipment @5:30</b> Ashley (Pilates studio) <i>No class 27<sup>th</sup></i>			
6:00 p.m.	<b>Karate</b> Matthew (Combative Room) <i>No class 25<sup>th</sup></i>	<b>Zumba @ 5:30p.m.</b> Michelle (GF1) <i>No class 19<sup>th</sup> &amp; 26<sup>th</sup></i>		<b>Zumba @ 5:30p.m.</b> Michelle (GF1) <i>No class 21<sup>st</sup> &amp; 28<sup>th</sup></i>	<b>Karate</b> Matthew (Combative Room) <i>No class 8<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup></i>	@USAG.Italy.Sports USAG Italy Sports, Fitness and Aquatics



**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

**Fitness Center's class prices:**  
**Taekwondo:** \$12 Ticket or \$70 Monthly  
**Karate classes** are \$7 per class.  
**Pilates on Equipment** : 6 or more \$15 per ticket / \$20 individual  
**All other classes** are \$6 per class or \$45 for 10 classes.



For more information, call 0444-71-4467.  
[italy.armyMWR.com](http://italy.armyMWR.com)