



SPORTS • FITNESS • AQUATICS

Ederle Fitness Center

GROUP EXERCISE SCHEDULE

August 2017

MON

TUE

WED

THURS

FRI

SAT

9 a.m.

Zumba
Zorayda
(GF1)

9:30 a.m.

Cycling
Annie (GF2)
No Class Aug 8 & 15

Cycling
Annie (GF2)
No Class Aug 10 & 17

Power Pump
Cymantha (GF2)
No Class Aug 19

9:50 a.m.

Slow Flow Yoga
Amber (GF1)
No Class Aug 15

Slow Flow Yoga
Amber (GF1)
Sub: Aug 17 Nancy

10 a.m.

Taekwondo
Kim Sung Bok
(Combatives)
*No Class
Aug 1, 15 & 22*

Taekwondo
Kim Sung Bok
(Combatives)
*No Class
Aug 3, 10 & 17*

10:30 a.m.

Zumba
Zorayda (GF1)

Zumba
Fanny (GF3)

Zumba
Fanny (GF3)

Zumba
Zorayda (GF1)

11:45 a.m.

Warrior Yoga
Amber (Del Din)
No Class Aug 7 & 14

Noon

Cycling
Cymantha (GF2)
No Class Aug 21

Belly Dance
Class
Shae (GF3)
No Class Aug 14

Power Pump
Cymantha (GF1)

Street Jazz
Dance
Class
Shae (GF3)

HIIT Fit
Cym (GF1)

Cycling
Annie (GF2)
*No Class Aug 18
Sub: Aug 11 Cym*

Power Vinyasa Yoga
Amber (GF1)
No Class Aug 2 & 16

5 p.m.

Cycling
Annie (GF2)
*No Class
Aug 7 & 14*

Power Pump
Cymantha (GF1)
No Class Aug 21

Cycling
Annie (GF2)
Sub: Aug 9 & 16 Cym

Aqua Boot Camp
Jessica (Pool)

Power Pump
Cym (GF1)

5:30 p.m.

Slow Flow
Yoga
Amber (GF1)
*Sub: Aug 29
Jessica*

Zumba
Carol
(Racquet)
*No Class Aug
1 & 8*

Zumba
Carol (GF3)
No Class Aug 3 & 10

6 p.m.

Vertical Fitness
Shae (GF3)
No Class Aug 14

Vertical Fitness
Shae (GF3)

Hip Hop Dance
Class
Shae (GF3)
No Class Aug 11

6:30 p.m.

Taekwondo
Kim Sung Bok
(Combatives)
No Class Aug 7 & 14

Taekwondo
Kim Sung Bok
(Combatives)
*No Class
Aug 3, 10 & 17*

Fitness Class Prices for Ederle and Del Din Fitness Center

Self Defense and Vertical Fitness Classes are
\$12/class or \$70 monthly pass (2 class/week)

All other Classes are \$5/class or 10 classes
for \$35

Fitness Class Locations

Group Fitness Room 1 (GF1)
Up the Metal Staircase Outside the Gym

Group Fitness Room 2 (GF2)
Upstairs Above Main Cardio Room

Group Fitness 3 (GF3)
Door next to the vending machine



For more information, call 634-7616. | www.italy.armyMWR.com