

Ederle Fitness Center

GROUP EXERCISE

October 2017

	MON	TUE	WED	THURS	FRI	SAT
6 a.m.				Power Vinyasa Yoga Christie(GF1)		
6:30 a.m.			Cycling (6:30 a.m.) Christie (GF2)			
9 a.m.	Pilates Jenn (GF1)		Zumba Zorayda (GF1)		Pilates Jenn (GF1) <i>No Class Oct 6</i>	
9:30 a.m.		Cycling Annie (GF2) Slow Flow Yoga Amber (GF1)	Pilates Jenn (GF3)	Cycling Annie (GF2) Slow Flow Yoga Amber (GF1)		Power Pump Cymantha (GF1) <i>No Class Oct 14</i> Save By The Bell Kim/Camelia (GF3) <i>No Class Oct 7-21</i>
10 a.m.		Taekwondo Kim Sung Bok (Combative)		Taekwondo Kim Sung Bok (Combative)		
10:30 a.m.	Zumba Zorayda (GF1)				Zumba Zorayda (GF1) <i>No Class Oct 6</i>	
10:45 a.m.		Zumba Fanny (GF1)		Zumba Fanny (GF1)		
11:45 a.m.	Warrior Yoga Amber (at Del Din)					
Noon	Cycling Cymantha (GF2) <i>No Class Oct 9</i>	Power Pump Cymantha (GF1) <i>No Class Oct 10</i>	Power Vinyasa Yoga Amber (GF1)	HIIT FIT CYM (GF1) <i>No Class Oct 12</i>	Cycling Annie (GF2) <i>Sub On Oct 6 & 20</i>	
		Save By The Bell Kim/Camelia (GF3)				
4 p.m.	Zumba Fanny (GF3)					
4:30 p.m.		HIIT Fit Jessica (Outside Basketball Court) <i>No Class Oct 10</i>	Yoga (4:40 p.m.) Amber (GF3)			
5 p.m.	Cycling Annie (GF2) Power Pump Cymantha (GF1) <i>No Class Oct 9</i>		Cycling Annie (GF2)	Aqua Boot Camp Jessica (Pool) <i>No Class Oct 12</i> Power Pump Cym (GF1) <i>No Class Oct 12</i>		
5:30 p.m.		Slow Flow Yoga Amber (GF1) Zumba Carol (GF3)	Zumba Zorayda (GF1)	Zumba Carol (GF3)	Friday Yoga Flow (5:45 p.m.) Amber (at Del Din) <i>No Class Oct 6 & 13</i>	
6 p.m.	Vertical Fitness Shae	Vertical Fitness Shae	Vertical Fitness Shae			
6:30 p.m.	Taekwondo Kim Sung Bok (Combative)			Taekwondo Kim Sung Bok (Combative)		

No Classes: Monday, October 9

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 info, call 634-7616. | www.italy.armyMWR.com