

Ederle Fitness Center

GROUPEXERCISE

April 2025						
	MON	TUE	WED	THURS	FRI	SAT
0700-0800	0700 Studio Pilates w/ Lizzie (No classes 28 April)	0640 Strength Training *FREE* w/ Zamora (Meet Side Turf)	0640 Yoga Stretching Mobility with Zamora GF1 0700 Reformer Pilates w/ Lizzie (Pilates Studio)	0640 Endurance & HIIT * FREE * w/Zamora (Side Turf)	0830 Reformer Pilates (Reformer room w/ Laura)	U.S. ARMY SPORTS • FITNESS • AQUATICS
0900	0900 Reformer Pilates w/ Laura (Reformer Room)	Get your private locker for only \$15 per month. See front desk for more info	0900 Reformer Pilates w/ Lizzie (Pilates Studio) 0915-1015 SLAM (B-Ball / Track)	0915-1015SLAM (B-Ball / Track)	0930 Reforma Pilates w/ Laura (Pilates Studio) SLAM 9:15-1015 (B-Ball / Track)	TRX Class w/Barbara April 12 @ 0930
1000	1000-1100 Zumba w/ Charmaine GF1 Room 1000 Reformer Pilates w/ Laura (Reformer room) No classes April 21st 1100 Reformer Pilates w/Laura (Reformer Room) No classes April 21st	1030 Reformer Pilates w/ Laura 1100 Fit Yoga FREE w/Raluca 45 Min (GF1) No classes April 15 and April 22 1030 Reformer Pilates w/ Laura No classes April 22nd	1000-1100 Zumba w/ Charmaine GF1 Room Get your private locker for only \$15 per month. See front desk for more info	1030 Reformer Pilates (Reformer room w/Laura 1130 Reformer Pilates (Reformer room w/Laura (no class April 24th)	1030 Reforma Pilates w/ Laura (Pilates Studio)	Personal Trainer Regan WhatsApp: 3454474192 With over 9 years of experience in the industry, Regan Shifflett is a NASM ce Personal Trainer specializing in Corre Exercise, Performance Enhancement Youth Exercise. As a Registered Yoga Instructor (8 years), Regan blends fun movement, strength training, and mod work to empower clients of all ages to better, feel stronger, and reach their f potential. Passionate about helping of sustainable, injury-free fitness habits, creates personalized programs that m client where they are and takes them they want to go.
1200-1500	1205 w/Alessandra Cardio Strength Basketball court 1200 Spin Class GF2 W/ Amy 1230 Barre and Springboard Pilates W/Laura (Reformer Room) 1430 Barre and Springboard Pilates W/Laura (Reformer Room)	1200 Kettlebell w/ Isabella (GF1)	What's Appl/Call for Scheduling: 439 393 903 4733 GWA: D444 71 7616 1200 Spin Class GF2 W/ Amy (no class on April 2 nd and 23rd) Cardio Strength 12:05 W/Alessandra (GF1)	1200 Kettlebell w/ Isabella (GF1) TRX w/Barbara APRIL 17 th and 24 th 1315	1200 Studio Pilates w/ Laura (Pilates Studio) (No class April 4 th and 25 th) Cardio Strength 12:05 w/Alessandra (B-Ball Court) No class 21/25 April	Maria Grazia Marcoco Massage Therapies Kinesio Taping, Cupping, Myotascial, Sports Massage Point, Foor Referoilogy, Connective Tissue, Deep Tis Relaxing, Lymphatic Drainage, That, Sweetish, Chake belancing, Reiki, and Energy Healing Vicenza Running Clu Check the deal we have in store for you Book 1 massage accelere for 120% a moreth and save up Scan to schedule an Appointment! UKAN Plassas Centers Haly Tal/Whatalogo 385-5360017 armany group 2000/96/66/11
1600-1800	1630 Springboard Pilates (Pilates Studio w/ Lizzie) 1730 Springboard Pilates (Pilates Studio w/ Lizzie)	1730 Zumba w/Michelle (GF1) (no classes April 1 st and 3 rd 1730 Reformer Pilates w/ Lizzie (Reformer room)	w/ Lizzie	Marcello Orlandi Deep Tissue/Sport Massage. Scan Below to book 1730 Zumba w/Michelle (GF1) (no classes April 1st and 3rd	Don't miss your chance to join our new spin class, taking place on Mondays and Wednesdays! Check the Group Fitness Schedule for monthly dates and times. One (1) fitness class ticket required per session.	Martina Bedin Person Trainer scan below
1800-2000	1800 Zumba *FREE*			Fitness Center Hours Access 24/7 Front Desk Mon-Fri 0530-2000	Karate 1800-1900	Personal Training Services

w/Sara (GF1)

Karate

1800-1900 w/ Matthew

Combatives Room

Maria Grazia Marcoccia

Massage Therapist & Holistic Practitioner

回海器回

1800 Zumba *FREE*

w/Sara (GF1)

Mon-Fri 0530-2000

Saturday 0900-1700

Sunday 1000-1700

Federal Holidays Closed

Phone # 0444 714467

DSN 646 4467

w/Matthew

(Combatives

Room)

Barbara Todescato

Phone: 331-959-0537

Email: baby.tds@gmail.com