

Ederle Fitness Center

GROUP EXERCISE

April 2025

	MON	TUE	WED	THURS	FRI	SAT
0700-0800	0700 Studio Pilates w/ Lizzie <i>(No classes 28 April)</i>	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)	<i>Get your private locker for only \$15 per month. See front desk for more info</i>	0900 Reformer Pilates w/ Lizzie (Pilates Studio) 0915-1015 SLAM (B-Ball / Track)	0915-1015 SLAM (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) <i>No classes April 21st</i> 1100 Reformer Pilates w/Laura (Reformer Room) <i>No classes April 21st</i>	1030 Reformer Pilates w/ Laura 1100 Fit Yoga FREE w/Raluca 45 Min (GF1) <i>No classes April 15 and April 22</i> 1030 Reformer Pilates w/ Laura <i>No classes April 22nd</i>	1000-1100 Zumba w/ Charmaine GF1 Room <i>Get your private locker for only \$15 per month. See front desk for more info</i>	1030 Reformer Pilates (Reformer room w/Laura) 1130 Reformer Pilates (Reformer room w/Laura) <i>(no class April 24th)</i> 	1030 Reforma Pilates w/ Laura (Pilates Studio)	Personal Trainer Regan WhatsApp: 3454474192 
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)	 1200 Spin Class GF2 w/ Amy <i>(no class on April 2nd and 23rd)</i> Cardio Strength 12:05 w/Alessandra (GF1)	1200 Kettlebell w/ Isabella (GF1)  TRX w/Barbara APRIL 17th and 24th 1315	1200 Studio Pilates w/ Laura (Pilates Studio) <i>(No class April 4th and 25th)</i> Cardio Strength 12:05 w/Alessandra (B-Ball Court) No class 21/25 April	 Maria Grazia Marcoccia Massage Therapist & Holistic Practitioner Vicenza Running Club Check the deal we have in store for you Book 2 massage sessions for 120\$ a month and save up to 50\$ Scan to schedule an Appointment! USAF Fitness Centers Italy Tel/WhatsApp 345-536267 or @marcocciagrazia
1600-1800	1630 Springboard Pilates (Pilates Studio w/ Lizzie) 1730 Springboard Pilates (Pilates Studio w/ Lizzie)	1730 Zumba w/Michelle (GF1) <i>(no classes April 1st and 3rd)</i> 1730 Reformer Pilates w/ Lizzie (Reformer room)	1630 Reformer Pilates w/ Lizzie (Pilates Studio) 1730 Reformer Pilates w/ Lizzie (Pilates Studio) 1700 Align and Flow Yoga w/Regan (GF1)	Marcello Orlandi Deep Tissue/Sport Massage. Scan Below to book  1730 Zumba w/Michelle (GF1) <i>(no classes April 1st and 3rd)</i>	 NEW SPIN CLASS AT THE EDERLE FITNESS CENTER 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. For more info, call 0444-71-4467. italy.armyMWR.com	Martina Bedin Personal Trainer scan below  
1800-2000	1800 Zumba *FREE* w/Sara (GF1) Karate 1800-1900 w/ Matthew Combatives Room	 Maria Grazia Marcoccia Massage Therapist & Holistic Practitioner 	1800 Zumba *FREE* w/Sara (GF1)	Fitness Center Hours Access 24/7 Front Desk Mon-Fri 0530-2000 Saturday 0900-1700 Sunday 1000-1700 Federal Holidays Closed Phone # 0444 714467 DSN 646 4467	Karate 1800-1900 w/Matthew (Combatives Room)	Personal Training Services Barbara Todescato Phone: 331-959-0537 Email: baby.tds@gmail.com