



Ederle Fitness Center

GROUP EXERCISE

APRIL 2018

| MON        |                                                                                                                  | TUE                                                                         |                      | WED                                                           |                                                                                                               | THURS                                                                       | FRI                                                                                                             | SAT                                                              |
|------------|------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|----------------------|---------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------|
| 6 a.m.     |                                                                                                                  | Power Vinyasa (6:15 a.m.)<br>Christie (GF1)                                 |                      |                                                               |                                                                                                               | Power Vinyasa Yoga (6:30 a.m.)<br>Nicole (GF1)<br><i>No Class Apr. 5,12</i> |                                                                                                                 |                                                                  |
| 9 a.m.     | Power Pump<br>Cymantha (GF1)<br><i>No Class Apr. 2,9</i><br><br>Cycling<br>Amy (GF2)<br><i>No Class Apr. 2,9</i> | Kettle Bell Strength<br>Kim/Camelia (Jungle Room)<br><i>No Class Apr. 3</i> |                      | Zumba<br>Zorayda (GF1)                                        | HIIT Fit<br>Cymantha (Gym)<br><i>No Class Apr. 4,11</i><br><br>Cycling<br>Amy (GF2)<br><i>No Class Apr. 4</i> | Kettle Bell Strength<br>Kim/Camelia (Jungle Room)<br><i>No Class Apr. 5</i> | Power Pump<br>Cymantha (GF1)<br><i>No Class Apr. 6,13</i><br><br>Cycling<br>Amy (GF2)<br><i>No Class Apr. 6</i> | Power Pump<br>Cymantha (GF1)<br><i>No Class Apr. 7, 14</i>       |
| 9:30 a.m.  |                                                                                                                  | Slow Flow Yoga<br>Amber (GF1)<br><i>Sub: Apr. 3 (Laurie)</i>                |                      |                                                               |                                                                                                               | Slow Flow Yoga<br>Amber (GF1)<br><i>Sub: Apr. 5 (Laurie)</i>                |                                                                                                                 |                                                                  |
| 10 a.m.    |                                                                                                                  | Taekwondo<br>Kim Sung Bok (Combative)                                       |                      |                                                               |                                                                                                               | Taekwondo<br>Kim Sung Bok (Combative)                                       |                                                                                                                 | Zumba<br>(at 10:15 a.m.)<br>Carol (GF1)<br><i>Sub: Apr. 7,28</i> |
| 10:30 a.m. | Zumba<br>Zorayda (GF1)                                                                                           | Zumba (at 10:45 a.m.)<br>Fanny (GF1)                                        |                      |                                                               |                                                                                                               | Zumba (at 10:45 a.m.)<br>Fanny (GF1)                                        | Zumba<br>Zorayda (GF1)                                                                                          |                                                                  |
| 11:45 a.m. | Del Din Warrior Yoga<br>Amber<br><i>No Class Apr. 2,23</i>                                                       |                                                                             |                      | Del Din Warrior Yoga<br>Nicole<br><i>No Class Apr. 4,11</i>   |                                                                                                               | Del Din Warrior Yoga<br>Laurie                                              | Del Din Yoga Inversion Workshop<br><i>On April 13 Only</i><br>Amber (Cost: \$10)                                |                                                                  |
| Noon       | Vinyasa Yoga<br>Laurie Yoga (GF1)<br><i>No Class Apr. 2</i>                                                      | Power Pump<br>Cymantha (GF1)<br><i>No Class Apr. 3,10</i>                   |                      | Cycling<br>Cym (GF2)<br><i>Sub Apr. 4,11</i>                  | Power Vinyasa Yoga<br>Amber (GF1)                                                                             | HIIT Fit<br>Cym (GF1)<br><i>No Class Apr. 5,12</i>                          | Power Vinyasa Yoga<br>Nicole (GF1)<br><i>No Class Apr. 6</i>                                                    |                                                                  |
| 4 p.m.     | Zumba<br>Fanny (GF1)<br><i>No Class Apr. 2,9</i>                                                                 |                                                                             |                      |                                                               |                                                                                                               | Yin/Restorative Yoga (3:45 p.m.)<br>Laurie (GF1)                            |                                                                                                                 |                                                                  |
| 4:40 p.m.  |                                                                                                                  |                                                                             |                      | Slow Flow Yoga<br>Amber (GF3)<br><i>Sub: Apr. 4 (Jessica)</i> |                                                                                                               |                                                                             |                                                                                                                 |                                                                  |
| 5 p.m.     | Power Pump<br>Cymantha (GF1)<br><i>Sub: Apr. 2,9</i>                                                             |                                                                             |                      |                                                               |                                                                                                               | Power Pump<br>Cym (GF1)<br><i>Sub: Apr. 5   No Class Apr. 12</i>            |                                                                                                                 |                                                                  |
| 5:30 p.m.  |                                                                                                                  | Cycling<br>Stephanie (GF2)                                                  | Zumba<br>Carol (GF1) | Zumba<br>Zorayda (GF1)                                        |                                                                                                               |                                                                             | Del Din Yoga Flow (at 5:45 p.m.)<br>Amber<br><i>No Class Apr. 20</i>                                            |                                                                  |
| 6 p.m.     |                                                                                                                  | Taekwondo<br>Kim Sung Bok (Combative)                                       |                      |                                                               |                                                                                                               | Taekwondo<br>Kim Sung Bok (Combative)                                       |                                                                                                                 |                                                                  |

**Fitness Center's class prices:**  
Self Defense classes are \$12 per class or \$70 for a monthly pass (2 classes per week)  
  
All other classes are \$5 per class or \$35 for 10 classes

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

