



Ederle Fitness Center

GROUP EXERCISE SCHEDULE

JULY 2024

	MON	TUE	WED	THURS	FRI	SAT
7:00 a.m.		Rebuild W/ Rick Yoga *FREE* (GF1) Strength Training W/ Zamora *FREE* (Meet B-Ball) @0640	Yoga, Stretching, & Mobility W/ Zamora *FREE* (GF1) @0640 No Class 3rd	Rebuild W/ Rick Yoga *FREE* (GF1) No Class 4th Endurance & HIIT W/ Zamora *FREE* (Side Turf) @0640 No Class 4th		
9:00 a.m.	Pilates Ashley (GF1) SLAM @ 0930 (Del Din)	SLAM @ 9:15 (B-Ball / Track)	Pilates Ashley (GF1) SLAM @ 9:15 (B-Ball / Track)	SLAM @ 9:15 (B-Ball / Track)	Pilates Ashley (GF1) No Class 5th SLAM @ 9:15 (B-Ball / Track)	
10:00 a.m.	Zumba Charmaine (GF1) No Class 8th & 22nd		Zumba Charmaine (GF1) No Class 10th & 24th	Fit Yoga *FREE* (10:30) Devan (GF1) No Class 4th		
12:00 p.m.	STRONG Bell Isabella 30 Min (GF1) Cardio Strength @12:05 Alessandra (Basketball Court) Spin *FREE* Devan (GF2)	Spin *FREE* Devan (GF2)	Pickleball Lessons Basketball Court STRONG Bell @ 11:30 Isabella 30 Min (GF1) Cardio Strength @12:05 Alessandra (GF1) Spin *FREE* Devan (GF2)	Align and Flow Yoga W/ Regan (GF1)	STRONG Bell Isabella 30 Min (GF1) No Class 5th Cardio Strength @12:05 Alessandra (B-Ball Court) Spin *FREE* Devan (GF2) No Class 5th	 
5:00 p.m.	Zumba *FREE* Sara K. (GF1)	Zumba @ 5:30p.m. Michelle (GF1)	Align and Flow Yoga W/ Regan (GF1)	Fit Yoga *FREE* (5:30) Devan (GF1) No class 4th		
6:00 p.m.	Karate Matthew (Combative Room) Jiu-Jitsu *FREE* (B-ball Court) No Class 1st & 8th B.Y.O.B Endie (GF1) No Class 1st & 15th		Jiu-Jitsu *FREE* (Combative Room) No Class 3rd & 10th		Karate Matthew (Combative Room) No Class 5th	
7:00 p.m.	Jiu-Jitsu *FREE* (B-ball Court) No Class 1st & 8th		Jiu-Jitsu *FREE* (Combative Room) No Class 3rd & 10th			

For more information, call 0444-71-4467.
 italy.armyMWR.com

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)

Fitness Center's class prices:

Taekwondo: \$12 Ticket or \$70 Monthly
Karate classes are \$12 per class.
Pilates on Equipment : 6 or more \$15 per ticket / \$20 individual
All other classes are \$6 per class
 or \$45 for 10 classes.



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