



Ederle & Del Din Fitness Center

GROUP EXERCISE

June 2018

	MON	TUE	WED	THURS	FRI	SAT
6 a.m.		Sun Rise Yoga Jessica (GF1) <i>No Class June 5, 12</i>				
9 a.m.	Cycling Amy (GF2) <i>No Class June 25</i>		Zumba Zorayda (GF1)	Cycling Amy (GF2) <i>No Class June 27</i>		Cycling Amy (GF2) <i>No Class June 30</i>
9:30 a.m.		Slow Flow Yoga Amber (GF1)		Slow Flow Yoga Amber (GF1)		
10 a.m.		Taekwondo Kim Sung Bok (Combative)		Taekwondo Kim Sung Bok (Combative)		
10:30 a.m.	Zumba Zorayda (GF1)	Zumba (10:45 a.m.) Zorayda (GF1)		Zumba (10:45 a.m.) Zorayda (GF1)	Zumba Zorayda (GF1)	
11:45 a.m.	Del Din Warrior Yoga Amber <i>No Class June 18</i>		Del Din Warrior Yoga Nicole	Del Din Warrior Yoga Laurie (Main Fitness Room) Cycling Stephanie (GF2)		
Noon	Vinyasa Yoga Laurie (GF1) <i>No Class June 18</i>	Power Vinyasa Nicole (GF1) <i>No Class June 19</i> <i>Sub: Amber June 12</i>	Cycling Stephanie (GF2)	Power Vinyasa Yoga Amber (GF1)	Power Vinyasa Yoga Nicole (GF1) <i>No Class June 15</i>	
3:45 p.m.				Yin/Restorative Yoga Laurie (GF1)		
4:40 p.m.			Slow Flow Yoga Amber (GF3) <i>No Class June 20, 27</i>			
5 p.m.	Aqua Boot Camp (Villaggiot Pool) <i>No Class June 4, 11</i>	Zumba Zorayda (GF1)	Cycling (5:15 p.m.) Stephanie (GF2)			
	Cycling/Yoga Combo Class Stephanie & Nicole (GF2) <i>Class is June 25 Only!</i>					
5:30 p.m.			Zumba Zorayda (GF1)			
6 p.m.		Taekwondo Kim Sung Bok (Combative)		Taekwondo 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



For more information, call 0444-71-7616. | www.italy.armyMWR.com