



Ederle Fitness Center

GROUP EXERCISE SCHEDULE

JUNE 2024

	MON	TUE	WED	THURS	FRI	SAT
7:00 a.m.		Rebuild W/ Rick Yoga *FREE* (GF1) No Class 4 th & 11 th Strength Training W/ Zamora *FREE* (Meet B-Ball) @0640 No Class 11 th	Yoga, Stretching, & Mobility W/ Zamora *FREE* (GF1) @0640 No Class 5 th , 12 th , & 19 th	Rebuild W/ Rick Yoga *FREE* (GF1) No Class 6 th & 13 th Endurance & HIIT W/ Zamora *FREE* (Side Turf) @0640 No Class 13 th & 20 th		
9:00 a.m.	Pilates Ashley (GF1) No Class 10 th SLAM @ 0930 (Del Din)	SLAM @ 9:15 (B-Ball / Track)	Pilates Ashley (GF1) No Class 12 th SLAM @ 9:15 (B-Ball / Track)	SLAM @ 9:15 (B-Ball / Track)	Pilates Ashley (GF1) No Class 14 th SLAM @ 9:15 (B-Ball / Track)	
10:00 a.m.	Zumba @ 1015 - 1115 Charmaine (GF1) No Class 24 th		Zumba @ 1015 - 1115 Charmaine (GF1) No Class 19 th & 26 th	Fit Yoga (10:30) Raluca (GF1) No Class 20 th & 27 th		
12:00 p.m.	STRONG Bell Isabella 30 Min (GF1) Cardio Strength @12:05 Alessandra (Basketball Court) No Class 24 th Spin *FREE* Devan (GF2) No Class 17 th	Spin *FREE* Devan (GF2) HITT/Strength @1210 Grace (Functional Room/ Canopy)	Pickleball Lessons Basketball Court STRONG Bell @ 11:30 Isabella 30 Min (GF1) No Class 19 th Cardio Strength @12:05 Alessandra (GF1) Spin *FREE* Devan (GF2) No Class 19 th	Spin *FREE* Devan (GF2) HITT/Strength @1210 Grace (Functional Room/ Canopy)	STRONG Bell Isabella 30 Min (GF1) Cardio Strength @12:05 Alessandra (B-Ball Court) Spin *FREE* Devan (GF2) No Class 14 th	
5:00 p.m.	Zumba *FREE* Sara K. (GF1)	Zumba @ 5:30p.m. Michelle (GF1) No Class 11 th	Slow Flow Yoga Sarah H. (GF1)	Zumba @ 5:30p.m. Michelle (GF1) No Class 13 th		
6:00 p.m.	Karate Matthew (Combative Room) Jiu-Jitsu *FREE* (B-ball Court) B.Y.O.B Endie (GF1) No Class 3 rd & 24 th		Jiu-Jitsu *FREE* (Combative Room) No Class 26 th		Karate Matthew (Combative Room) No Class 28 th	
7:00 p.m.	Jiu-Jitsu *FREE* (B-ball Court)		Jiu-Jitsu *FREE* (Combative Room) No Class 26 th			

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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