



Ederle & Del Din Fitness Center

GROUP EXERCISE

October 2018

MON		TUE	WED		THURS	FRI
6 a.m.		Sunrise Yoga Jessica (GF1)				
9 a.m.	Cycling Amy (GF2) <i>No class Oct 8</i>	Kettle Bell Strength Camelia (Jungle Room)	Cycling Amy (GF2)	Prenatal Yoga Nicole (GF1)	Kettle Bell Strength Camelia (Jungle Room)	
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 Fab4 Volunteers (GF1)	(11:45 a.m.) Del Din Warrior Yoga Amber <i>No class Oct 8</i>	(10:45 a.m.) Zumba Fanny (GF1)	Zumba Fab4 Volunteers (GF1)	(10:45 a.m.) Zumba Fanny (GF1)	Zumba Fab4 Volunteers (GF1)
12 p.m.	45' HIIT Cycling Stephanie (GF2)	Flow Yoga Laurie (GF1) <i>No Class Oct 8 Sub Chris Oct 29</i>		45' HIIT Cycling Stephanie (GF2)	Flow Yoga Amber (GF1)	Kettle Bell Strength Camelia (Jungle Room)
4 p.m.	Yin/Restorative yoga Jessica (GF1) <i>No Class 1 Oct</i>		(4:40 p.m.) Flow Yoga Amber (GF1) <i>No class Oct 31</i>		Yin/Restorative Yoga Jessica (GF1)	
5 p.m.	HIIT Cycling/Yoga Stephanie & Nicole (GF2) <i>Oct 15 and 29 Only *2 fitness tickets required</i>	(5:15 p.m.) Cycling Stephanie (GF2)				
5:30 p.m.	Zumba Fanny (GF3)	Prenatal Yoga Nicole (GF1)	Zumba Fanny (GF1)			(5:45 p.m.) Del Din Yoga Flow Amber <i>No class Oct 5 and 19</i>
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

HIIT Cycling & Yoga 2 tickets \$3.50 or \$5.00

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

