



Ederle & Del Din Fitness Center

GROUP EXERCISE

NOVEMBER 2018

	MON	TUE	WED	THURS	FRI
6 a.m.		Sunrise Yoga Jessica (GF1)			
9 a.m.	Cycling Amy (GF2) Power Pump Emily (GF1)	Kettle Bell Strength Camelia (Jungle Room)	Cycling Amy (GF2) Prenatal Yoga Nicole (GF1)	Kettle Bell Strength Camelia (Jungle Room)	Power Pump Emily (GF1) <i>No class Nov 23</i>
9:30 a.m.		Slow Flow Yoga Amber (GF1)		Slow Flow Yoga Amber (GF1) <i>No class Nov 8, 22</i>	
10 a.m.		Taekwondo Kim Sung Bok (Combative)		Taekwondo Kim Sung Bok (Combative)	
10:30 a.m.	Zumba Fab4 Volunteers (GF1)	(10:45) Zumba Fanny (GF1)	Zumba Fab4 Volunteers (GF1)	(10:45) Zumba Fanny (GF1)	
11:45 a.m.		TRX Emily (Ederle CrossFit Room)			TRX Emily (Ederle CrossFit Room) <i>No class Nov 23</i>
Noon	(11:45 a.m.) Warrior Yoga Amber At Del Din <i>No class Nov 12</i> 45' HIIT Cycling Stephanie (GF2) <i>No class Nov 12</i> Flow Yoga Laurie (GF1)		45' HIIT Cycling Stephanie (GF2)	Flow Yoga (All Levels) Amber (GF1) Kettle Bell Strength Camelia (Jungle Room)	Flow Yoga Laurie (GF1)
4 p.m.	Yin/Restorative Yoga Jessica (GF1) <i>No Class Nov 12</i>			Yin/Restorative Yoga Jessica (GF1) <i>No Class Nov 22</i>	
5 p.m.		(5:15 p.m.) Cycling Stephanie (GF2)	Flow Yoga (All Levels) Amber (GF3)		
5:30 p.m.	Zumba Fanny (GF3)	Prenatal Yoga Nicole (GF1)	Zumba Fanny (GF1)		(5:45 p.m.) Yoga for Your Back Amber At Del Din <i>No class Nov 9, 23</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



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