

## Ederle & Del Din Fitness Center

# GROUP EXERCISE

## December 2018

	MON	TUE	WED	THURS	FRI
6 a.m.		<b>Sunrise Yoga</b> Jessica (GF1)			
9 a.m.	<b>Cycling</b> Amy (GF2) <i>No class Dec. 17,24,31</i> <b>Power Pump</b> Emily (GF1) <i>No class Dec. 17, 24,31</i>	<b>Kettle Bell Strength</b> Camelia (Jungle Room)	<b>Cycling</b> Amy (GF2) <i>No class Dec. 19, 26</i>	<b>Kettle Bell Strength</b> Camelia (Jungle Room)	<b>Power Pump</b> Emily (GF1) <i>No class Dec. 21, 28</i>
9:30 a.m.		<b>Slow Flow Yoga</b> Amber (GF1) <i>No class Dec. 18, 25</i>		<b>Slow Flow Yoga</b> Amber (GF1) <i>No class Dec. 20, 27</i>	
10 a.m.		<b>Taekwondo</b> Kim Sung Bok		<b>Taekwondo</b> Kim Sung Bok	
10:30 a.m.	<b>Zumba</b> Fab4 Volunteers (GF1) <i>No class Dec. 17, 24</i>	<b>(10:45) Zumba</b> Fanny (GF1)	<b>Zumba</b> Fab4 Volunteers (GF1) <i>No class Dec. 19, 26</i>	<b>(10:45) Zumba</b> Fanny (GF1)	<b>Zumba</b> Fab4 (GF1) <i>No Class Dec. 21, 28</i>
12 p.m.	<b>(11:45 a.m.) Warrior Yoga</b> Amber (Del Din) <i>No class Dec. 24, 31</i> <b>45' HIIT Cycling</b> Stephanie (GF2)	<b>(11:45 a.m.) TRX</b> Emily (XFit Room) <i>No class Dec. 18,25</i>	<b>Flow Yoga (All Levels)</b> Amber (GF1) <i>No class Dec. 19, 26</i> <b>45' HIIT Cycling</b> Stephanie (GF2)	<b>Kettle Bell Strength</b> Camelia (Jungle Room)	<b>(11:45 a.m.) TRX</b> Emily (XFit Room) <i>No class Dec. 21,28</i>
4 p.m.	<b>Yin/Restorative Yoga</b> Jessica (GF1)			<b>Yin/Restorative Yoga</b> Jessica (GF1)	
5 p.m.		<b>(5:15 p.m.) Cycling</b> Stephanie (GF2)	<b>Flow Yoga (All Levels)</b> Amber (GF3) <i>No class Dec. 19, 26</i>		
5:30 p.m.	<b>Zumba</b> Fanny (GF1)		<b>Zumba</b> Fanny (GF1)		
6 p.m.		<b>Taekwondo</b> Kim Sung Bok (Combative Room)		<b>Taekwondo</b> Kim Sung Bok (Combative Room)	

**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

