

Ederle Fitness Center

GROUP EXERCISE SCHEDULE

December 2024

	MON	TUE	WED	THURS	FRI	SAT	
0700	Studio Pilates w/ Lizzie (Pilates Studio) No Class Dec 16 th or 23 rd	0640 Strength Training *FREE* w/ Zamora (Meet Side Turf) No Class Dec 3 rd , 5 th , and 25 th Reformer Pilates (Reformer Room) No classes after Dec 20 th	0640 Yoga & Mobility *FREE* w/Zamora (GF1) No Class Dec 3 rd , 5 th , and 25 th	Endurance & HIIT *FREE* w/Zamora (Side Turf) No Class Dec 3 rd , 5 th , and 25 th	Reformer Pilates (Reformer room) No classes after Dec 20 th 0800 Reformer Pilates (Reformer room) No classes after Dec 20 th		
0900	Mat Pilates w/ Lizzie (GF1) No Class Dec 16 th or 23 rd Reformer Pilates (Reformer room) No classes after Dec 20 th 0930 SLAM (Del Din) No class from Dec 23 rd to Jan 3 rd		Reformer Pilates (Reformer room) No classes after Dec 20 th 0915 SLAM (B-Ball / Track) No class from Dec 23 rd to Jan 3 rd	09150SLAM (B-Ball / Track) No class from Dec 23 rd to Jan 3 rd	Mat Pilates (GF1) Reformer Pilates (Reformer room) No classes after Dec 20 th SLAM @ 9:15 (B-Ball / Track) No class from Dec 23 rd to Jan 3 rd	0930 TRX Dec 14 th Register w/Barbara and Bring a Friend For Free! Core Strength & Foundations w/Rebecca Dec 14 th 0930-1130 Register w/Rebecca (GF1)	
1000	Springboard Pilates (Pilates Studio) No classes after Dec 20 th	1030 Reformer Pilates (Reformer room) No classes after Dec 20 th	Reformer Pilates (Reformer room) No classes after Dec 20 th	1100 Reformer Pilates (Reformer room) No classes after Dec 20 th	1100 Reformer Pilates (Reformer room) No classes after Dec 20 th		
1200	Strong Bell w/Isabella 30 Min (GF1) No Classes Dec 25 th 27 th 30 th Cardio Strength 12:05 w/Alessandra (B-Ball Court) No Class Dec 23 rd , 25 th , 27 th , 30 th 1200 Reformer Pilates (Reformer Room) No classes after Dec 20 th	1100 Fit Yoga FREE w/Raluca 45 Min (GF1) No classes Dec 24 th and 31 st 1200 Reformer Pilates (Reformer room) No classes after Dec 20 th 1300 Reformer Pilates (Reformer room) No classes after Dec 20 th	1130 Strong Bell Isabella 30 Min (GF1) No Classes Dec 25 th 27 th 30 th Cardio Strength 12:05 w/Alessandra (GF1) No Class Dec 23 rd , 25 th , 27 th , 30 th 1200 Reformer Pilates (Reformer room) No classes after Dec 20 th	1200 Reformer Pilates (Reformer room) No classes after Dec 20 th Align and Flow Yoga w/Regan (GF1) No classes Dec 25 th and 26 th 1315 TRX w/Barbara Dec 19 th	Reformer Pilates (Reformer room) No classes after Dec 20 th Strong Bell w/Isabella 30 Min (GF1) No Classes Dec 25 th 27 th 30 th Cardio Strength 12:05 w/Alessandra (B-Ball Court) No Class Dec 23 rd , 25 th , 27 th , 30 th		
1600	1630 Springboard Pilates (Pilates Studio) No classes after Dec 20 th	1630 Reformer Pilates (Reformer room) No classes Dec 10 th and after Dec 20 th	1630 Springboard Pilates (Pilates Studio) No classes after Dec 20 th	1330 Reformer Pilates (Reformer room) No classes after Dec 20 th 1430 Reformer Pilates (Reformer room) No classes after Dec 20 th 1630 Reformer Pilates (Reformer room) No classes after Dec 20 th	SUNDAY Come in from the Cold W/ Rebecca Dec 15 th , 22 nd , and 29 th 1000-1600 Register w/ Rebecca (Recovery Zone)		
1700	Zumba *FREE* w/Sara (GF1) 16 Dec only 1730 Springboard Pilates (Springboard Room) No classes after Dec 20 th	1730 Zumba w/Michelle (GF1) No classes on Dec 10 th , 24 th , and 31 st 1730 Reformer Pilates (Reformer room) No classes Dec 10 th and after Dec 20 th	Align and Flow Yoga w/Regan (GF1) 1730 Springboard Pilates (Pilates Studio) No classes after Dec 20 th	1730 Reformer Pilates (Reformer room) No classes after Dec 20 th			
1800	Karate w/Matthew (Combatives Room) No classes Dec 2 nd , 6 th , 23 rd , 27 th				Karate w/Matthew (Combatives Room) No classes Dec 2 nd , 6 th , 23 rd , 27 th		

Fitness Center's class locations:
Group Fitness Room 1 (GF1, Reformer Room, Pilates Studio) – Upstairs, back side
Group Fitness Room 2 (GF2) – Upstairs (above the main Cardio Room)

Fitness Center's class prices:
TRX classes are \$10 per class
Karate classes are \$12 per class.
All other classes are \$6 per class or \$45 for 10 classes.

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For more information, call 0444-71-4467.
 italy.armyMWR.com