



U.S. ARMY

SPORTS • FITNESS • AQUATICS

Personal
Training





Ederle Fitness Center

HOURS OF OPERATION

Monday	5:30 a.m. – 8:30 p.m.
Tuesday	5:30 a.m. – 8:30 p.m.
Wednesday	5:30 a.m. – 8:30 p.m.
Thursday	5:30 a.m. – 8:30 p.m.
Friday	5:30 a.m. – 8:30 p.m.
Saturday	9 a.m. – 5 p.m.
Sunday	<u>24/7-UNSTAFFED</u>

Training Holidays	7 a.m. – 7 p.m.
U.S. Holidays	Not Staffed



October Mondays



V1

GROUP EXERCISE SCHEDULE

0915-1100 S.L.A.M. (track or basketball court weather dependent) **NO CLASS OCT 12**

OCT 19 CLASS ON DEL DIN

1000-1100 Zumba with Charmaine (GF1) **NO CLASSES OCT 14-21**

1100-1200 HIIT with Rachel (Functional Fitness)

1200-1300 HYROX with Rachel (Functional Fitness)

1130-1230 Grappling with Chris (Combatives Room) **NO CLASSES FOR OCTOBER**

1600-1700 HYROX with Rachel

1700-1800 HIIT with Rachel

1800-1900 FREE CardioFit w/ Sara (GF1) **NO CLASSES FOR OCTOBER**

1800-1900 Karate w/ Matthew (Combative Room)



October Tuesdays



GROUP EXERCISE

SCHEDULE

- 0730-0800 Rise and Roll with Rebecca (GF1)
- 0915-1100 S.L.A.M. (Basketball court / track weather dependent)
- 0930 & 1200 Mat Class Pilates w/ Martina (Recovery Zone)
- 1100-1145 Flow Yoga w/ Raluca (GF1) FREE **NO CLASS ON OCT 27**
- 1100-1200 HIIT With Rachel (functional fitness)
- 1200-1300 Hyrox With Rachel
- 1215-1245 Fit Fusion HIIT w/ Regan(Outdoor Canopy Schedule Class through Regan) **NO CLASS ON 20TH**
- 1600-1700 Hyrox With Rcchel
- 1700-1800 HIIT With Rachel (functional fitness)
- 1730-1830 Zumba w/ Michelle (GF1) **NO CLASS ON OCT 27**
- 1730-1830 Mat Pilates Class w/ Ale (Recovery Zone)
- 1830-1930 Hip hop step aerobics (GF2) Ederle



October Wednesdays



GROUP EXERCISE SCHEDULE

0915-1100 S.L.A.M (Basketball court/ Track weather dependent) OCT 7TH & 21 GF1

1100-1200 HIIT With Rachel (functional fitness)

1200-1300 HYROX with Rachel

1500-1600 Zumba w/ Charmaine (GF1) **NO CLASSES OCT 14-21**

1200-1300 Brick City Spin w/ Da Chef (Spin room) **SPECIAL CLASS 10\$**

1600-1700 HYROX with Rachel

1700-1800 Align and Flow Yoga w/ Regan (GF1) **NO CLASS ON OCT 21**

1700-1800 HIIT With Rachel (functional fitness)

1800-1900 FREE CardioFit w/ Sara (GF1) **NO CLASS FOR OCTOBER**

1830-1930 HipHop Step Aerobics w/ Da Chef @ **DEL DIN**



October Thursdays



GROUP EXERCISE SCHEDULE

- 0915-1100 S.L.A.M. (Basketball Court / Track)
- 0930 & 1200 Mat Class Pilates w/ Martina (Recovery Zone)
- 1100-1200 HIIT With Rachel (Functional fitness)
- 1200-1300 HYROX with Rachel
- 1730-1830 Zumba w/ Michelle (GF1) **NO CLASS OCT 8 AND 15**
- 1600-1700 HYROX with Rachel
- 1700-1800 HIIT With Rachel (Functional fitness)
- 1730-1830 Mat Pilates Class w/ Ale (Recovery Zone)
- 1830-1930 HipHop Step Aerobics w/ Da Chef (GF1)





October Fridays

GROUP EXERCISE

SCHEDULE

0915-1100 S.L.A.M. (Basketball Court/Track weather dependent)

1100-1200 HIIT With Rachel (Functional fitness)

1200-1300 HYROX With Rachel

1600-1700 HYROX With Rachel

1700-1800 HIIT With Rachel (Functional fitness)

1800-1900 Karate w/ Matthew (Combatives Room) **NO CLASS OCT 9**





GROUP EXERCISE

SCHEDULE

No classes for October on Saturdays



GROUP EXERCISE SCHEDULE

**For the Pilates
schedule scan
the QR code:**

