

## Ederle & Del Din Fitness Center

# February 2019

	MON	TUE	WED		THURS	FRI
7 a.m.		Kettle Bell Strength Ida (GF3)				
9 a.m.	Cycling Amy (GF2) <i>No Class Feb. 18</i>  Power Pump Emily (GF1) <i>No Class Feb. 18</i>	Kettle Bell Strength Ida (Weight Room)  Gentle Yoga Amber (GF3) <i>(Pre Registration only)</i>	Cycling Amy (GF2)  Slow Flow Yoga Laurie (GF1) <i>(75 Min Class- \$5 tickets only)</i>		Kettle Bell Strength Ida (Weight Room) <i>No Class Feb. 14</i>  Gentle Yoga Amber (GF3) <i>(Pre Registration only)</i>	Power Pump Emily (GF1) <i>No class Feb. 15</i>
9:30 a.m.		Yoga Flow Viky (GF1)			Yoga Flow Viky (GF1)	
10 a.m.		Taekwondo Kim Sung Bok			Taekwondo Kim Sung Bok	
10:30 a.m.	Zumba Fab4 Volunteers (GF1) <i>No Class Feb. 18</i>	(10:45) Zumba Fanny (GF1)	Zumba Fab4 Volunteers (GF1)		(10:45) Zumba Fanny (GF1)	Zumba Fab4 Volunteers (GF1)
11 a.m.	Relaxation Flow Viky (GF1) <i>No Class Feb. 18</i>	(11:45 a.m.) TRX Emily (Basketball Court)	Relaxation Flow Viky (GF3)		(11:45 a.m.) Kettle Bell Strength Ida (GF3)	Relaxation Flow Viky (GF3)  (11:45 a.m.) TRX Emily (Basketball Court)
12 p.m.	(11:45 a.m.) Warrior Yoga Monthly Mini Series: Fitness Flow Amber (Del Din) <i>(Pre Registration only)</i> <i>No Class Feb. 18</i>  45' HIIT Cycling Stephanie (GF2) <i>No class Feb. 18</i>	Small Group Series Yoga for Your Hips Amber (GF1) <i>(Pre Registration only)</i>	Cycling/ Yoga Fusion Stephanie & Laurie (GF2) <i>Feb. 6, 13, 20</i>  45' HIIT Cycling Stephanie (GF2) <i>Feb. 27</i>	(11:45 a.m. – 1 p.m.) All Levels Flow Yoga Amber (GF1) <i>(Pre Registration only)</i>	Small Group Series Yoga for Your Hips Amber (GF1) <i>(Pre Registration only)</i>	(11:45 a.m. - 1 p.m.) All Levels Flow Yoga Laurie (GF1)
5 p.m.		(5:15 p.m.) Cycling Stephanie (GF2)  Stretching Body Alignment Viky (GF3)	Yoga Evening Monthly Series: Yoga for Your Back Amber (GF3) <i>(Pre Registration only)</i>			
5:30 p.m.	Zumba Fanny (GF3) <i>No Class Feb. 18</i>  Stretching Body Alignment Viky (GF3) <i>No Class Feb. 18</i>	Power Pump Emily (GF1)  Stretching Body Alignment Viky (GF3)	Zumba Fanny (GF1)		Power Pump Emily (GF1) <i>No class Feb. 14<sup>th</sup></i>  Stretching Body Alignment Viky (GF3)	Stretching Body Alignment Viky (GF3)
6 p.m.		Taekwondo Kim Sung Bok (Combative)			Taekwondo Kim Sung Bok (Combative)	Yoga Monthly Series: Yoga for your Shoulders Amber (Del Din) <i>(Pre Registration only)</i>

### Fitness Center's class prices:

All other classes are \$5 per class or \$35 for 10 classes.

75 minute classes are \$5 each.

All yoga classes are pre-registration or drop-in, please consult with your instructor on questions.

### 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

