



Ederle & Del Din Fitness Center

GROUP EXERCISE

MON		TUE		WED	
THURS		FRI			
9 a.m.	Cycling Amy (GF2)  Power Pump Emily (GF1)	Kettle Bell Strength Ida (GF3)  Foundations of Flow Yoga <i>Pre-Registration Only</i>	Cycling Amy (GF2)	Kettle Bell Strength Ida (GF3)	Power Pump Emily (GF1)
9:30 a.m.	Chakra Balancing Small Group Series Amber (GF3) <i>Pre-Registration Only</i>	Yoga Viky (GF1)	Chakra Balancing Small Group Series Amber (GF3) <i>Pre-Registration Only</i>	Yoga Viky (GF1)	
10 a.m.		Taekwondo Kim Sung Bok		Taekwondo Kim Sung Bok	
10:30 a.m.	Zumba Fab4 Volunteers (GF1)	(10:45 a.m.) Zumba Fanny (GF1)	Zumba Fab4 Volunteers (GF1)	(10:45 a.m.) Zumba Fanny (GF1)	Zumba Fab4 Volunteers (GF1)
11 a.m.	Relaxation Flow Viky (GF3) <i>No class March 18th</i>		Relaxation Flow Viky (GF3)		Relaxation Flow Viky (GF3) <i>No class March 15th</i>
11:45 a.m.	Warrior Yoga Mini Series: Hips Amber (Del Din) <i>Pre-Registration Only</i>	TRX Emily (Basketball Court)	All Levels Flow Yoga Laurie (GF1) <i>75 minutes   \$5 ticket</i>	Kettle Bell Strength Ida (GF3) <i>75 minutes</i>	All Levels Flow Yoga Laurie (GF1) <i>75 minutes   \$5 ticket No Class 15 March</i>
12 p.m.	45' HIIT Cycling Stephanie (GF2)	Yin/Yang Yoga Laurie (GF1) <i>Pre-Registration Only</i>	45' HIIT Cycling Stephanie (GF2)	Yin / Yang Yoga Laurie (GF1) <i>Pre-Registration Only</i>	(11:45 a.m.) TRX HIIT Emily (Basketball Court)
5 p.m.		(5:15 pm ) Cycling Stephanie (GF2)	Evening Yoga Monthly Series: Yoga for your Shoulders Amber (GF3) <i>Pre-Registration Only</i>		
5:30 p.m.	Zumba Fanny (GF1)  Stretching and Body Alignment Viky (GF3) <i>No class March 18th</i>	Power Pump Emily (GF1)  Stretching Body Alignment Viky (GF3)	Zumba Fanny (GF1)	Power Pump Emily (GF1)  Stretching Body Alignment Viky (GF3)	Stretching and Body Alignment Viky (GF3) <i>No class March 15th</i>
6 p.m.		Taekwondo Kim Sung Bok (Combative)		Taekwondo Kim Sung Bok (Combative)	Yoga Monthly Series: Yoga for your Back 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

