



# Ederle & Del Din Fitness Center

## April 2019

	MON	TUE	WED	THURS	FRI	SAT
9 a.m.	<b>Cycling</b> Amy (GF2) <i>(No class April 8)</i>  <b>Power Pump</b> Emily (GF1) <i>(No class April 15)</i>	<b>Kettle Bell Strength</b> Ida (Functional Fit) <i>(No class April 9)</i>	<b>Cycling</b> Amy (GF2)  <b>Zumba</b> Fab 4 (GF1)	<b>Kettle Bell Strength</b> Ida (Functional Fit) <i>(No class April 11)</i>	<b>Power Pump</b> Emily (GF1)	<b>Zumba</b> Fanny (GF1)  <b>TRX &amp; Spin</b> Emily (GF2) <i>(April 27 only - Pre Registration Required)</i>
9:30 a.m.	<b>Stretching &amp; Body Alignment</b> Viky (Functional Fit)	<b>Yoga</b> Viky (GF1)	<b>Stretching &amp; Body Alignment</b> Viky (Functional Fit)	<b>Yoga</b> Viky (GF1)	<b>Stretching &amp; Body Alignment</b> Viky (Functional Fit)	
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)	<b>(10:45) Zumba</b> Fanny (GF1)		<b>(10:45) Zumba</b> Fanny (GF1)	<b>Zumba</b> Fab4 Volunteers (GF1)	<b>Power Pump</b> Emily (GF1) <i>(April 6, 20 only)</i>
11:45 a.m.	<b>Warrior Yoga</b> Amber (Del Din) <i>(April 1, 15 only)</i>  <b>TRX HIIT</b> Emily (Del Din) <i>(April 22, 29 only)</i>	<b>TRX</b> Emily (Functional Fit)	<b>(11:45 a.m. – 1 p.m.) All Levels Flow Yoga</b> Laurie (GF1) \$5 ticket <i>(No class April 3, 10)</i>	<b>(11:45 a.m. – 1 p.m.) Kettle Bell Strength</b> Ida (Functional Fit) <i>(No class April 11)</i>	<b>(11:45 a.m. – 1 p.m.) All Levels Flow Yoga</b> Laurie (GF1) \$5 ticket <i>(April 26 only)</i>  <b>TRX HIIT</b> Emily (Functional Fit)	
12 p.m.	<b>Cycling</b> Stephanie (GF2)	<b>Yoga and Meditation Small Group Series</b> Amber (GF1) <i>(Pre Registration Required)</i>	<b>45' HIIT Cycling</b> Stephanie (GF2)	<b>TRX Core</b> Emily (Function Fit)  <b>Yoga and Meditation Small Group Series</b> Amber (GF1) <i>(Pre Registration Required)</i>		
5:15 p.m.		<b>Cycling</b> Stephanie (GF2) <i>(Sub: Audra on April 16, 30)</i>  <b>Power Pump</b> Emily (GF1) <i>(No class April 2)</i>		<b>Power Pump</b> Emily (GF1)		
5:30 p.m.	<b>Stretching &amp; Body Alignment</b> Viky (Functional Fit)	<b>Stretching &amp; Body Alignment</b> Viky (Functional Fit)		<b>Stretching &amp; Body Alignment</b> Viky (Functional Fit)	<b>Stretching &amp; Body Alignment</b> Viky (Functional Fit)	
6 p.m.		<b>Taekwondo</b> Kim Sung Bok (Combative)		<b>Taekwondo</b> Kim Sung Bok (Combative)	<b>Yoga Fridays</b> Amber (Del Din) <i>(April 26 only - Pre Registration Required)</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

