



Ederle & Del Din Fitness Center

May 2019

	MON	TUE	WED	THURS	FRI
9 a.m.	Cycling Amy (GF2) <i>(No class May 27)</i> Power Pump Emily (GF1) <i>(No class May 27)</i>	Cycling Audra (GF2)	Cycling Amy (GF2) <i>(No class May 29)</i> Zumba Michelle (GF1)	Cycling Audra (GF2)	Power Pump Emily (GF1) <i>(No class May 24, 31)</i>
9:30 a.m.		Yoga Viky (GF1)	Stretching and Body Alignment Viky (Functional Fitness) <i>Pre-Registration Required</i>	Yoga Viky (GF1)	
10 a.m.		Taekwondo Kim Sung Bok		Taekwondo Kim Sung Bok	
10:30 a.m.	Strong by Zumba Dee (GF1)	(10:45) Zumba Dee (GF1)	Pilates Laura (GF1)	(10:45) Zumba Fanny (GF1)	Zumba Ingrid (GF1)
12 p.m.	<i>(11:45 a.m.)</i> Yoga and Meditation Series Del Din Amber <i>(Only May 13, 20)</i> 45' HIIT Cycling Stephanie (GF2) <i>(No class May 27)</i>	(11:45 a.m.) TRX Emily (Basketball Court) <i>(No class May 28)</i> Essential Oils and Yoga Small Group Series Amber (GF1) <i>Pre-Registration Required</i>	45' HIIT Cycling Stephanie (GF2)	TRX Core Emily (Function Fit) <i>(No class May 30)</i> Essential Oils and Yoga Small Group Series Amber (GF1) <i>Pre-Registration Required</i> Pilates Laura (Del Din)	(11:45 a.m.) TRX HIIT Emily (Basketball Court) <i>(No class May 24, 31)</i>
5:30 p.m.	Zumba Fanny (GF1) Stretching and Body Alignment (Functional Fitness)	Power Pump Emily (GF1) <i>(No class May 28)</i> Stretching Body Alignment Viky (Functional Fitness)	Zumba Fanny (GF1) Stretching Body Alignment Viky (Del Din Combatives Room)	Power Pump Emily (GF1) <i>(No class May 30)</i> Stretching Body Alignment Viky (Functional Fitness)	Stretching and Body Alignment Viky (Functional Fitness)
6 p.m.		Taekwondo Kim Sung Bok (Combative) <i>(6:30 p.m.)</i> Stretching and Body Alignment Viky (Functional Fitness)		Taekwondo Kim Sung Bok (Combative)	Yoga for Your Back and Hips Amber (Del Din) <i>(Only May 10, 17, 31)</i> <i>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

