

Ederle & Del Din Fitness Center

GROUP EXERCISE

July 2019

	MON	TUE	WED	THURS	FRI
9 a.m.	Power Pump Emily (GF1) <i>(No class July 8)</i>	Cycling Audra (Basketball Court) Boot Camp Macey (Function Fitness) <i>(No class July 2)</i>	(9:15 a.m.) Zumba Michelle (GF1) <i>(Class only July 19)</i>	Cycling Audra (Basketball Court) <i>(No class July 4)</i> Boot Camp Macey (Functional Fitness) <i>(No class July 4)</i>	Power Pump Emily (GF1) <i>(No class June 7, 14)</i>
9:30 a.m.		Yoga Viky (GF1) <i>(Class only July 2, 9)</i>	Stretching and Body Alignment Viky (Functional Fitness) <i>(Class only July 3, 10)</i>	Yoga Viky (GF1) <i>(No class July 4)</i>	
10 a.m.		Taekwondo Kim Sung Bok		Taekwondo Kim Sung Bok <i>(No class July 4)</i>	
10:30 a.m.	Strong By Zumba Dee (GF1)	(10:45) Zumba Fanny (GF1)	Pilates Laura (GF1) <i>(No class July 3, 24)</i>	(10:45 a.m.) Zumba Fanny (GF1) <i>(No class July 4)</i>	Zumba Ingrid (GF1) <i>(No class July 5)</i>
11:30 a.m.	Power Half Hour Macey (Functional Fitness) <i>(No class July 1)</i>	(11:45 a.m.) TRX HIIT Emily (Functional Fitness) <i>(No class July 9)</i>	Power Half Hour Macey (Functional Fitness) <i>(No class July 3)</i>	(11:45 a.m.) TRX HIIT Emily (Function Fitness) <i>(No class July 4, 11)</i>	Power Half Hour Macey (Functional Fitness) <i>(No class July 5)</i>
12 p.m.	45' Cycling Stephanie (Basketball Court) <i>(No class July 1)</i>		45' HIIT Cycling Stephanie (Basketball Court)		
5:30 p.m.	Zumba Fanny (GF1) Stretching and Body Alignment Viky (Functional Fitness) <i>(Class only July 1,8)</i>	Power Pump Emily (GF1) <i>(No class July 9)</i> Stretching Body Alignment Viky (Functional Fitness) <i>(Class only July 2, 9)</i> Zumba Ingrid (GF3) <i>(No class July 2, 9)</i>	Zumba Fanny (GF1) Stretching Body Alignment Viky (Del Din Combatives Room)	Power Pump Emily (GF1) <i>(No class July 4, 11)</i> Stretching body Alignment Viky (Functional Fitness) <i>(Class only July 11)</i>	Strong By Zumba Dee (GF1) Stretching and Body Alignment Viky (Functional Fitness) <i>(Class only July 5)</i>
6 p.m.		Taekwondo Kim Sung Bok (Combative) (6:30 p.m.) Stretching Body Alignment Viky (Functional Fitness) <i>(Class only July 2, 9)</i>		Taekwondo Kim Sung Bok (Combative) <i>(No class July 4)</i>	

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

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.

