

## Ederle & Del Din Fitness Center

# GROUP EXERCISE

## July 2019

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

