

Ederle & Del Din Fitness Center

GROUP EXERCISE

August 2019

	MON	TUE	WED	THURS	FRI
9 a.m.	Power Pump Emily (GF1)	Cycling Audra (Raquetball court)	(9:15 a.m.) Zumba Michelle (GF1)	Cycling Audra (Raquetball Court)	Power Pump Emily (GF1) <i>(No class Aug. 30th)</i>
9:30 a.m.		Yoga Viky (GF1) <i>(No class Aug. 6th)</i>	Stretching and Body Alignment Viky (Functional Fitness) <i>(No class Aug. 7th)</i>	Yoga Viky (GF1) <i>(No class Aug. 1,8)</i>	
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) <i>(No class Aug. 21, 28)</i>	(10:45 a.m.) Zumba Fanny (GF1)	Zumba Ingrid (GF1)
11:30 a.m.	Power Half Hour Macey (Functional Fitness) <i>(No class Aug. 5th)</i>	(11:45) TRX HIIT Emily (Functional Fitness)	Power Half Hour Macey (Functional Fitness)	(11:45) TRX HIIT Emily (Function Fitness)	Power Half Hour Macey (Functional Fitness) <i>(No class Aug. 2,16,30)</i>
12 p.m.	45' Cycling Stephanie (Raquetball Court)		45' HIIT Cycling Stephanie (Raquetball Court)		
5:30 p.m.	Zumba Fanny (GF1) Stretching and Body Alignment Viky (Functional Fitness) <i>(No class Aug. 5th)</i>	(5:15) Power Pump Emily (GF1) Stretching Body Alignment Viky (Functional Fitness) <i>(No class Aug. 6th)</i>	Zumba Fanny (GF1) Stretching Body Alignment Viky (Del Din Combative Room) <i>(No class Aug. 7th)</i>	(5:15)Power Pump Emily (GF1) Stretching body Alignment Viky (Functional Fitness) <i>(No class Aug. 1, 8)</i>	Strong By Zumba Dee (GF1) <i>(No class Aug 30th)</i> Stretching and Body Alignment Viky (Functional Fitness) <i>(No class Aug. 2, 9)</i>
6 p.m.		Taekwondo Kim Sung Bok (Combative) (6:30 p.m.) Stretching Body Alignment Viky (Functional Fitness) <i>(No class Aug 6th)</i>		Taekwondo Kim Sung Bok (Combative)	

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.

