



# Ederle Fitness Center

# GROUP EXERCISE

## SCHEDULE

### April 2024

MON	TUE	WED	THURS	FRI	SAT
7:00 a.m.		Rebuild W/ Rick Yoga *FREE* (GF1)  Strength Training W/ Zamora *FREE* (Meet B-Ball) @0640 Starts April 23 <sup>rd</sup>	Yoga, Stretching, & Mobility W/ Zamora *FREE* (GF1) @0640 Starts April 24 <sup>th</sup>	Rebuild W/ Rick Yoga *FREE* (GF1)  Endurance & HIIT W/ Zamora *FREE* (Side Turf) @0640 Starts April 25 <sup>th</sup>	
9:00 a.m.	Pilates Ashley (GF1)  SLAM @ 0930 (Del Din Fitness Center)	Power Pump Steffi (GF1)  SLAM @ 9:15 (B-Ball / Track)	Pilates Ashley (GF1)  SLAM @ 9:30 (Del Din Fitness Center)	SLAM (B-Ball / Track)	Pilates Ashley (GF1)  SLAM @ 9:15 (B-Ball / Track)
10:00 a.m.	Recovery session (Recovery Zone)  Zumba @ 1015 - 1115 Charmaine (GF1) No Class 1 <sup>st</sup>	Recovery session (Recovery Zone)	Zumba @ 1015 - 1115 Charmaine (GF1) No Class 3 <sup>rd</sup>	Fit Yoga (10:30) Raluca (GF1) No Class 4 <sup>th</sup> , 18 <sup>th</sup> , & 25 <sup>th</sup>	Recovery session (Recovery Zone)
12:00 p.m.	STRONG Bell Isabella 30 Min (GF1) No Class 1 <sup>st</sup>  Cardio Strength @12:05 Alessandra (Basketball Court) No Class 1 <sup>st</sup>	Pilates @ 12:15 Ashley (GF1)  HITT/Strength @1210 Grace (Functional Room)	STRONG Bell @ 11:30 Isabella 30 Min (GF1)  Cardio Strength @12:05 Alessandra (GF1)  Pickleball Lessons Basketball Court	HITT/Strength @1210 Grace (Functional Room)	STRONG Bell Isabella 30 Min (GF1)  Cardio Strength @12:05 Alessandra (B-Ball Court) No Class 26 <sup>th</sup>
5:00 p.m.	Zumba *FREE* Sara K. (GF1) Starts April 15 <sup>th</sup>	Zumba @ 5:30p.m. Michelle (GF1)	Slow Flow Yoga Sarah H. (GF1)	Zumba @ 5:30p.m. Michelle (GF1) No Class 18 <sup>th</sup>	
6:00 p.m.	Karate Matthew (Combative Room) No Class 1 <sup>st</sup> & 8 <sup>th</sup>  Jiu-Jitsu *FREE* (B-ball Court) For Military Personnel No Class 8 <sup>th</sup> & 15 <sup>th</sup>		Jiu-Jitsu *FREE* (Combative Room) For Military Personnel No Class 10 <sup>th</sup>		Karate Matthew (Combative Room) No Class 26 <sup>th</sup>  B.Y.O.B Endie (GF1) No Class 12 <sup>th</sup>
7:00 p.m.	Jiu-Jitsu *FREE* (B-ball Court) No Class 8 <sup>th</sup> & 15 <sup>th</sup>		Jiu-Jitsu *FREE* (B-ball Court) No Class 10 <sup>th</sup>		

**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)

**Fitness Center's class prices:**  
**Taekwondo:** \$12 Ticket or \$70 Monthly  
**Karate classes** are \$7 per class.  
**Pilates on Equipment** : 6 or more \$15 per ticket / \$20 individual  
**All other classes** are \$6 per class  
or \$45 for 10 classes.

For more information, call 0444-71-4467.  
italy.armyMWR.com



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