



Ederle & Del Din Fitness Center

GROUP EXERCISE

September 2019

	MON	TUE	WED	THURS	FRI
6:30 a.m.		Morning HIIT Milly (GF1)		Morning HIIT Milly (GF1)	
9 a.m.	Power Pump Emily (GF1) <i>(No class Sept. 2nd)</i>	Cycling Audra (GF2)	(9:15 a.m.) Zumba Michelle (GF1)	Cycling Audra (GF2)	Power Pump Emily (GF1)
9:30 a.m.		Yoga Viky (GF1)	Stretching and Body Alignment Viky (Functional Fitness)	Yoga Viky (GF1)	
10 a.m.		Taekwondo Kim Sung Bok	Intermediate Pilates Laura (GF3)	Taekwondo Kim Sung Bok	
10:30 a.m.	Strong By Zumba Dee (GF1) <i>(No class Sept. 2nd)</i>	(10:45) Zumba Dee (GF1)	(11:00 a.m.) Barre Laura (GF3)	(10:45 a.m.) Zumba Fanny (GF1)	Zumba Ingrid (GF1)
11:30 a.m.	Power Half Hour Macey (Functional Fitness) <i>(No class Sept. 2nd)</i>	(11:45 a.m.) TRX HIIT Emily (Functional Fitness) <i>(No class Sept. 3, 10)</i>	Power Half Hour Macey (Functional Fitness) <i>(No class Sept. 25th)</i>	(11:45 a.m.) TRX HIIT Emily (Function Fitness)	Power Half Hour Macey (Functional Fitness) <i>(No class Sept. 27th)</i>
12 p.m.	45' Cycling Emily (GF2) <i>(No class Sept. 2nd)</i>	Gentle Flow Yoga Beginner Friendly Laurie (GF1)	Pilates For Beginners Laura (GF3) 45' HIIT Cycling Emily (GF2)	All Level Flow Yoga Laurie (GF1) Pilates Laura (Del Din Combative Room)	
5:15 p.m.	Stretching & Body Alignment Viky (GF3) <i>(No class Sept. 2nd)</i> (5:30 p.m.) Zumba Fanny (GF1) <i>(No class Sept. 2nd)</i>	Power Pump Emily (GF1) <i>(No class Sept. 3rd)</i> Stretching & Body Alignment Viky (GF3)	Stretching & Body Alignment Viky (Del Din Combative Room) (5:30 p.m.) Zumba Fanny (GF1)	Power Pump Emily (GF1) Stretching & Body Alignment Viky (GF3)	Stretching & Body Alignment Viky (GF3) <i>(No class Sept. 13th)</i> (5:30 p.m.) Strong By Zumba Dee (GF1)
6:30 p.m.	Yoga Raluca (GF3) <i>(No class Sept. 2nd)</i>	(6 p.m.) Taekwondo Kim Sung Bok (Combative)	Yoga Raluca (GF3)	(6 p.m.) Taekwondo Kim Sung Bok (Combative) Prenatal Yoga Amber (GF1) <i>(No class Sept. 12th)</i>	Yoga Raluca (GF3)

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.



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