



Ederle & Del Din Fitness Center

GROUP EXERCISE

October 2019

MON	TUE	WED	THURS	FRI
6:30 a.m.		Morning HIIT Milly (GF1) <i>(No class Oct. 8)</i>	Morning HIIT Milly (GF1) <i>(No class Oct. 10)</i>	
9 a.m.	Power Pump Emily (GF1) <i>(No class Oct. 14)</i>	Cycling Audra (GF2) Taekwondo Kim Sung Bok	Cycling Audra (GF2) Taekwondo Kim Sung Bok	Power Pump Emily (GF1) <i>(No class Oct. 11)</i>
9:30 a.m.		Stretching and Body Alignment Viky (Functional Fitness) <i>(No class in Oct.)</i> Barre Laura (GF3) <i>(No class Oct. 16)</i>		
10:30 a.m.	Strong By Zumba Dee (GF1) <i>(No class Oct. 14)</i>	(10:45) Zumba Dee (GF1)	(10:45 a.m.) Zumba Dee (GF1)	Zumba Ingrid (GF1)
11:30 a.m.	Power Half Hour Macey (Functional Fitness) <i>(No class Oct. 14)</i>	(11:45 a.m.) TRX HIIT Emily (Functional Fitness)	(11:45 a.m.) TRX HIIT Emily (Function Fitness) <i>(No class Oct. 10)</i>	Power Half Hour Macey (Functional Fitness)
12 p.m.	45' Cycling Emily (GF2) <i>(No class Oct. 14)</i>	Gentle Flow Yoga <i>Beginner Friendly</i> Laurie (GF1) <i>(No Class Oct. 29)</i>	45' HIIT Cycling Emily (GF2)	All Level Flow Yoga Laurie (GF1) <i>(No class Oct. 31)</i>
5:15 p.m.	Stretching & Body Alignment Viky (GF3) <i>(No class in Oct.)</i> (5:30 p.m.) Zumba (GF1) <i>(No class Oct. 14)</i>	Power Pump Emily (GF1) Stretching & Body Alignment Viky (GF3) <i>(No class in Oct.)</i>	(5:30) Stretching & Body Alignment Viky (Del Din Combative Room) <i>(No class in Oct.)</i> (5:30 p.m.) Zumba Ingrid (GF1)	Power Pump Emily (GF1) <i>(No class Oct. 10)</i> Stretching & Body Alignment Viky (GF3) <i>(No class in Oct.)</i>
6:30 p.m.	Fit Yoga Raluca (GF3) <i>(No class Oct. 14)</i>	(6 p.m.) Taekwondo Kim Sung Bok (Combative)	Fit Yoga Raluca (GF3) (6 p.m.) Taekwondo Kim Sung Bok (Combative)	Stretching & Body Alignment Viky (GF3) <i>(No class in Oct.)</i> (5:30 p.m.) Strong By Zumba Dee (GF1) <i>(No class Oct 11th)</i> Fit 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:

Taekwondo \$12 per class or \$70 for 6 classes.
All other classes are \$5 per class
or \$35 for 10 classes.



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