



## Ederle & Del Din Fitness Center

# GROUP EXERCISE

## November 2019

|            | MON                                                                                                                                                                                   | TUE                                                                                             | WED                                                                                                                                                | THURS                                                                                                                                                                               | FRI                                                                                                                                                                                                             |
|------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 6:30 a.m.  | <b>Morning Yoga</b><br>Corey (GF3)<br><i>(No class Nov. 11<sup>th</sup>)</i>                                                                                                          | <b>Morning HIIT</b><br>Milly (GF1)                                                              | <b>CapoFunctional</b><br>Aranha (GF1)                                                                                                              | <b>Morning HIIT</b><br>Milly (GF1)<br><i>(No class Nov. 28<sup>th</sup>)</i>                                                                                                        | <b>Morning Yoga</b><br>Corey (GF3)<br><i>(No Class Nov. 1<sup>st</sup>, 29<sup>th</sup>)</i>                                                                                                                    |
| 9 a.m.     | <b>Power Pump</b><br>Emily (GF1)<br><i>(No class Nov. 11<sup>th</sup>)</i>                                                                                                            | <b>Cycling</b><br>Audra (GF2)<br><br><b>Taekwondo</b><br>Kim Sung Bok                           | <b>(9:15 a.m.) Zumba</b><br>Michelle (GF1)                                                                                                         | <b>Cycling</b><br>Audra (GF2)<br><i>(No class Nov. 28<sup>th</sup>)</i><br><br><b>Taekwondo</b><br>Kim Sung Bok<br><i>(No class Nov. 28<sup>th</sup>)</i>                           | <b>Power Pump</b><br>Emily (GF1)<br><i>(No class Nov. 29<sup>th</sup>)</i>                                                                                                                                      |
| 9:30 a.m.  | <b>Zumba</b><br>Ingrid (GF3)<br><i>(No class Nov. 11<sup>th</sup>)</i>                                                                                                                | <b>Pilates</b><br>Laura (GF1)                                                                   | <b>Barre</b><br>Laura (GF3)<br><br><b>Stretching and Body Alignment</b><br>Viky (Functional Fitness)                                               | <b>CapoFunctional</b><br>Aranha (GF1)<br><i>(No class Nov. 28<sup>th</sup>)</i>                                                                                                     |                                                                                                                                                                                                                 |
| 10:30 a.m. | <b>Strong By Zumba</b><br>Dee (GF1)<br><i>(No class Nov. 11<sup>th</sup>)</i>                                                                                                         | <b>(10:45) Zumba</b><br>Dee (GF1)                                                               |                                                                                                                                                    | <b>(10:45 a.m.) Zumba</b><br>Dee (GF1)<br><i>(No class Nov. 28<sup>th</sup>)</i>                                                                                                    | <b>Zumba</b><br>Ingrid (GF1)                                                                                                                                                                                    |
| 11:30 a.m. | <b>Power Half Hour</b><br>Macey<br>(Functional Fitness)<br><i>(No class Nov. 11<sup>th</sup>, 25<sup>th</sup>)</i>                                                                    | <b>(11:45 a.m.) TRX HIIT</b><br>Emily<br>(Functional Fitness)                                   | <b>Pilate/Barre Fusion</b><br>Laura (GF3)<br><br><b>Power Half Hour</b><br>Macey<br>(Functional Fitness)<br><i>(No class Nov. 27<sup>th</sup>)</i> | <b>(11:45 a.m.) TRX HIIT</b><br>Emily<br>(Function Fitness)<br><i>(No class Nov. 28<sup>th</sup>)</i>                                                                               | <b>Power Half Hour</b><br>Macey<br>(Functional Fitness)<br><i>(No class Nov. 29<sup>th</sup>)</i>                                                                                                               |
| 12 p.m.    | <b>45' Cycling</b><br>Emily (GF2)<br><i>(No class Nov. 11<sup>th</sup>)</i>                                                                                                           | <b>Gentle Flow Yoga</b><br><i>Beginner Friendly</i><br>Laurie (GF1)                             | <b>45' HIIT Cycling</b><br>Emily (GF2)<br><i>(No class Nov. 27<sup>th</sup>)</i>                                                                   | <b>All Level Flow Yoga</b><br>Laurie (GF1)<br><i>(No class Nov. 28<sup>th</sup>)</i>                                                                                                |                                                                                                                                                                                                                 |
| 5:15 p.m.  | <b>Stretching &amp; Body Alignment</b><br>Viky (GF3)<br><i>(No class Nov. 11<sup>th</sup>)</i><br><br><b>(5:30 p.m.) Zumba</b><br>Dee (GF1)<br><i>(No class Nov. 11<sup>th</sup>)</i> | <b>Power Pump</b><br>Emily (GF1)<br><br><b>Stretching &amp; Body Alignment</b><br>Viky (GF3)    | <b>(5:30 p.m.) Zumba</b><br>Ingrid (GF1)<br><br><b>Stretching &amp; Body Alignment</b><br>Viky (Del Din Combative Room)                            | <b>Power Pump</b><br>Emily (GF1)<br><i>(No class Nov. 28<sup>th</sup>)</i><br><br><b>Stretching &amp; Body Alignment</b><br>Viky (GF3)<br><i>(No class Nov. 28<sup>th</sup>)</i>    | <b>Stretching &amp; Body Alignment</b><br>Viky (GF3)<br><i>(No class Nov. 22<sup>nd</sup>)</i><br><br><b>(5:30 p.m.) Strong By Zumba</b><br>Dee (GF1)<br><i>(No class Nov. 1<sup>st</sup>, 29<sup>th</sup>)</i> |
| 6:30 p.m.  | <b>Fit Yoga</b><br>Raluca (GF3)<br><i>(No class Nov. 11<sup>th</sup>)</i>                                                                                                             | <b>(6 p.m.) Taekwondo</b><br>Kim Sung Bok<br>(Combative)<br><br><b>Fit Yoga</b><br>Raluca (GF3) | <b>Fit Yoga</b><br>Raluca (GF3)                                                                                                                    | <b>(6 p.m.) Taekwondo</b><br>Kim Sung Bok<br>(Combative)<br><i>(No class Nov. 28<sup>th</sup>)</i><br><br><b>Fit Yoga</b><br>Raluca (GF3)<br><i>(No class Nov. 28<sup>th</sup>)</i> | <b>Fit Yoga</b><br>Raluca (GF3)<br><i>(No class Nov. 1<sup>st</sup>, 29<sup>th</sup>)</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.



For more information, call 0444-71-4467. | [italy.armyMWR.com](http://italy.armyMWR.com)