

## Ederle & Del Din Fitness Center

# GROUP EXERCISE

## December 2019

	MON	TUE	WED	THURS	FRI
6:30 a.m.	<b>Morning Yoga</b> Corey (GF3) <i>(No class Dec. 23<sup>rd</sup>, 30<sup>th</sup>)</i>	<b>Morning HIIT</b> Milly (GF1) <i>(No class Dec. 24<sup>th</sup>, 31<sup>st</sup>)</i>	<b>CapoFunctional</b> Aranha (GF1) <i>(No class Dec. 25<sup>th</sup>)</i>	<b>Morning HIIT</b> Milly (GF1) <i>(No class Dec. 26<sup>th</sup>)</i>	<b>Morning Yoga</b> Corey (GF3) <i>(No class Dec. 27<sup>th</sup>)</i>
9 a.m.	<b>Power Pump</b> Emily (GF1) <i>(No class Dec. 30<sup>th</sup>)</i>	<b>Cycling</b> Audra (GF2)  <b>Taekwondo</b> Kim Sung Bok	<b>(9:15 a.m.) Zumba</b> Michelle (GF1) <i>(No class Dec. 25<sup>th</sup>)</i>	<b>Cycling</b> Audra (GF2)  <b>Taekwondo</b> Kim Sung Bok	<b>Power Pump</b> Emily (GF1) <i>(No class Dec. 27<sup>th</sup>)</i>
9:30 a.m.	<b>Zumba</b> Ingrid (GF3)	<b>Pilates</b> Laura (GF1) <i>(No class Dec. 18<sup>th</sup>, 31<sup>st</sup>)</i>	<b>Barre</b> Laura (GF3) <i>(No class Dec. 18<sup>th</sup>, 25<sup>th</sup>)</i>  <b>Stretching and Body Alignment</b> Viky (Functional Fitness) <i>(No class Dec. 25<sup>th</sup>)</i>	<b>CapoFunctional</b> Aranha (GF1)	
10:30 a.m.	<b>Strong By Zumba</b> Dee (GF1)	<b>(10:45) Zumba</b> Dee (GF1)		<b>(10:45 a.m.) Zumba</b> Dee (GF1)	<b>Zumba</b> Ingrid (GF1)
11:30 a.m.	<b>Power Half Hour</b> Macey (Functional Fitness) <i>(No class Dec. 23<sup>rd</sup>, 30<sup>th</sup>)</i>	<b>(11:45 a.m.) TRX HIIT</b> Emily (Functional Fitness) <i>(No class Dec. 24<sup>th</sup>, 31<sup>st</sup>)</i>	<b>Power Half Hour</b> Macey (Functional Fitness) <i>(No class Dec. 25<sup>th</sup>)</i>	<b>(11:45 a.m.) TRX HIIT</b> Emily (Function Fitness) <i>(No class Dec. 26<sup>th</sup>)</i>	<b>Power Half Hour</b> Macey (Functional Fitness) <i>(No class Dec. 27<sup>th</sup>)</i>
12 p.m.	<b>45' Cycling</b> Stephanie (GF2) <i>(No class Dec. 30<sup>th</sup>)</i>	<b>Gentle Flow Yoga</b> <i>Beginner Friendly</i> Laurie (GF1)	<b>Pilates/Barre Fusion</b> Laura (GF3) <i>(No class Dec. 18<sup>th</sup>, 25<sup>th</sup>)</i>  <b>45' HIIT Cycling</b> Stephanie (GF2) <i>(No class Dec. 25<sup>th</sup>)</i>	<b>All Level Flow Yoga</b> Laurie (GF1) <i>(No class Dec. 26<sup>th</sup>)</i>	
3:45 p.m.	<b>Zumba</b> Michelle (GF1) <i>(No class Dec. 23<sup>rd</sup>)</i>				
5:15 p.m.	<b>Stretching &amp; Body Alignment</b> Viky (GF3) <i>(No class Dec. 23<sup>rd</sup>, 30<sup>th</sup>)</i>  <b>(5:30 p.m.) Zumba</b> Dee (GF1) <i>(No class Dec. 23<sup>rd</sup>, 30<sup>th</sup>)</i>	<b>Power Pump</b> Emily (GF1) <i>(No class Dec. 24<sup>th</sup>, 31<sup>st</sup>)</i>  <b>Stretching &amp; Body Alignment</b> Viky (GF3) <i>(No class Dec. 24<sup>th</sup>, 31<sup>st</sup>)</i>	<b>(5:30 p.m.) Zumba</b> Ingrid (GF1) <i>(No class Dec. 25<sup>th</sup>)</i>  <b>Stretching &amp; Body Alignment</b> Viky (Del Din Combative Room) <i>(No class Dec. 25<sup>th</sup>)</i>	<b>Power Pump</b> Emily (GF1) <i>(No class Dec. 12<sup>th</sup>, 26<sup>th</sup>)</i>  <b>Stretching &amp; Body Alignment</b> Viky (GF3) <i>(No class Dec. 26<sup>th</sup>)</i>	<b>Stretching &amp; Body Alignment</b> Viky (GF3) <i>(No class Dec. 27<sup>th</sup>)</i>
6:30 p.m.	<b>Fit Yoga</b> Raluca (GF3) <i>(Class only Dec. 16<sup>th</sup>)</i>	<b>(6 p.m.) Taekwondo</b> Kim Sung Bok (Combative) <i>(No class Dec. 24<sup>th</sup>, 31<sup>st</sup>)</i>  <b>Fit Yoga</b> Raluca (GF3) <i>(Class only Dec. 17<sup>th</sup>)</i>	<b>Fit Yoga</b> Raluca (GF3) <i>(Class only Dec. 18<sup>th</sup>)</i>	<b>(6 p.m.) Taekwondo</b> Kim Sung Bok (Combative) <i>(No class Dec. 26<sup>th</sup>)</i>  <b>Fit Yoga</b> Raluca (GF3) <i>(Class only Dec. 19<sup>th</sup>)</i>	<b>Fit Yoga</b> Raluca (GF3) <i>(Class only Dec. 20<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)