

Ederle & Del Din Fitness Center

GROUP EXERCISE

January 2020

MON	TUE	WED	THURS	FRI
6:30 a.m. (6:45a.m.) Morning Yoga Corey (GF3) <i>(No class Jan.13, 20)</i>	Morning HIIT Milly (GF1)		Morning HIIT Milly (GF1) <i>(No class Jan. 2)</i>	(6:45a.m.) Morning Yoga Corey (GF3) <i>(No class Jan.17, 24)</i>
9 a.m. Power Pump Emily (GF1) <i>(No class Jan. 6, 20)</i>	Cycling Audra (GF2) Taekwondo Kim Sung Bok	(9:15 a.m.) Zumba Michelle (GF1) <i>(No class Jan. 1)</i>	Cycling Audra (GF2) Taekwondo Kim Sung Bok	Power Pump Emily (GF1) <i>(No class Jan. 3,17)</i>
9:30 a.m. Zumba Ingrid (GF3)	Pilates Laura (GF1) <i>(No class Jan. 14)</i>	Barre Laura (GF3) <i>(No class Jan. 1, 15)</i>	CapoFunctional Aranha (GF1)	
10:30 a.m. Strong By Zumba Dee (GF1)	(10:45) Zumba Dee (GF1)		(10:45 a.m.) Zumba Dee (GF1)	Zumba Ingrid (GF1)
11:30 a.m. Power Half Hour Milly (Functional Fitness) <i>(No class Jan. 6)</i>	(11:45 a.m.) TRX HIIT Emily (Functional Fitness)	Power Half Hour Milly (Functional Fitness) <i>(No class Jan. 1)</i>	(11:45 a.m.) TRX HIIT Emily (Functional Fitness) <i>(No class Jan. 2)</i>	Power Half Hour Milly (Functional Fitness) <i>(No class Jan. 3)</i>
12 p.m. 45' Cycling Stephanie (GF2)	Gentle Flow Yoga <i>Beginner Friendly</i> Laurie (GF1)	(11:30 a.m.) Pilates/Barre Fusion Laura (GF3) <i>(No class Jan.1, 15)</i> 45' HIIT Cycling Stephanie (GF2) <i>(No class Jan. 1st)</i>	All Level Flow Yoga Laurie (GF1)	Cycling Emily (GF2) <i>(No class Jan. 3, 17)</i>
5:15 p.m. Stretching & Body Alignment Viky (GF3) <i>(Class only Jan. 6)</i> (5:30 p.m.) Zumba Dee (GF1)	Power Pump Emily (GF1) Stretching & Body Alignment Viky (GF3) <i>(Class only Jan. 7)</i>	(5:30 p.m.) Zumba Ingrid (GF1) <i>(No class Jan. 1)</i> Stretching & Body Alignment Viky (Del Din Combative Room) <i>(Class only Jan. 8)</i>	Power Pump Emily (GF1) <i>(No class Jan. 2nd)</i> Stretching & Body Alignment Viky (GF3) <i>(Class only Jan. 9)</i>	Stretching & Body Alignment Viky (GF3) <i>(Class only Jan.10)</i>
6:30 p.m. Fit Yoga Raluca (GF3) <i>(No class Jan.20)</i>	(6 p.m.) Taekwondo Kim Sung Bok (Combative) Fit Yoga Raluca (GF3)	Fit Yoga Raluca (GF3) <i>(No class Jan 1)</i>	(6 p.m.) Taekwondo Kim Sung Bok (Combative) Fit Yoga Raluca (GF3)	Fit Yoga Raluca (GF3) <i>(No class Jan. 3, 17)</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.

