




Ederle & Del Din Fitness Center

GROUP EXERCISE SCHEDULE

April 2022

MON	TUE	WED	THURS	FRI	SAT
9 a.m. 3-F's Functional – Fit – For You Chiara (GF1)	Taekwondo Master Kim PowerPump Steffi (GF1)	3-F's Functional – Fit – For You Chiara (GF1)	Taekwondo Master Kim All Levels Yoga Sarah H. (GF3)		SPIN Sarah C. (GF2) @ 9 am
10 a.m. Zumba Ingrid (GF1) <i>(NO CLASS 18TH)</i>		Zumba Ingrid (GF1)	FitYoga (10:30) Raluca (GF1) <i>(NO CLASS 14TH)</i>	Zumba Ingrid (GF1) <i>(NO CLASS 15TH)</i>	
11:30 a.m. 	<i>Starts April 26th</i> ASSAULT Bike Caleb (Functional Fitness)		ASSAULT Bike Caleb (Functional Fitness)		
Noon CORE Cycle Sarah W. (GF2) <i>(NO CLASS 18TH)</i> STRONG Bell Isabella 30 Min (Functional Fitness) <i>(NO CLASS 18TH)</i>	HIIT Sarah W. (GF1) Power Yoga Joy (GF3) <i>(NO CLASS 19TH)</i>	SPIN with Sarah Sarah W. (GF2) STRONG Bell Isabella 30 Min (Functional Fitness)	HIIT Sarah W. (GF1) Hot Vinyasa Yoga Joy (GF3) <i>(NO CLASS 14TH)</i>	STRONG Bell Isabella 30 Min (Functional Fitness) <i>(NO CLASS 15TH)</i>	
5 p.m. 		Slow Flow Yoga & Sip Sarah H. (GF1) SPIN 30 min Sarah C. (GF2)			
6 p.m. Stretching & Alignment Dr. Rebecca (GF1) <i>(NO CLASS 18TH)</i>	Zumba (5:30) Michelle (GF1) <i>(NO CLASS 12TH)</i> Karate Matthew (Combative's Room) <i>(NO CLASS 5TH, 19TH)</i>		Zumba (5:30) Michelle (GF1) <i>(NO CLASS 28TH)</i> Karate Matthew (Combative's Room)		

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:

Martial Arts: \$12 Ticket or \$70 Monthly ticket.

Small Group & Pool Classes ask Front Desk for details.

All other classes are \$5 per class or \$40 for 10 classes.



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For more information, call 0444-71-4467.
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