

## Ederle & Del Din Fitness Center

# GROUP EXERCISE

## February 2020

	MON	TUE	WED	THURS	FRI
9 a.m.	<b>Power Pump</b> Emily (GF1) <i>(No class Feb. 17<sup>th</sup>)</i>	<b>Cycling</b> Audra (GF2)  <b>Taekwondo</b> Kim Sung Bok	<b>(9:15 a.m.) Zumba</b> Michelle (GF1)	<b>Cycling</b> Audra (GF2)  <b>Taekwondo</b> Kim Sung Bok	<b>Power Pump</b> Emily (GF1) <i>(No class Feb. 14<sup>th</sup>)</i>  <b>Yoga</b> Raluca (GF3)
9:30 a.m.	<b>Zumba</b> Ingrid (GF3) <i>(No class Feb. 17<sup>th</sup>)</i>	<b>Pilates</b> Laura (GF1)	<b>Barre</b> Laura (GF3)	<b>CapoFunctional</b> Aranha (GF1)	
10:30 a.m.	<b>Strong By Zumba</b> Dee (GF1) <i>(No class Feb. 17<sup>th</sup>)</i>  <b>(11:00 a.m.) Yoga</b> Raluca (GF3) <i>(No class Feb. 17<sup>th</sup>)</i>	<b>(10:45) Zumba</b> Dee (GF1)	<b>All Levels Flow Yoga</b> Laurie (GF1)	<b>(10:45 a.m.) Zumba</b> Dee (GF1)	<b>Zumba</b> Ingrid (GF1)
11:45 a.m.		<b>TRX HIIT</b> Emily (Functional Fitness)	<b>(11:30 a.m.) Power ½ Hour</b> Isabella (Functional Fitness)	<b>TRX HIIT</b> Emily (Function Fitness)	
12 p.m.	<b>45' Cycling</b> Stephanie (GF2) <i>(No class Feb. 17<sup>th</sup>)</i>	<b>Gentle Flow Yoga</b> <i>Beginner Friendly</i> Laurie (GF1)	<b>(11:30 a.m.) Pilates/Barre Fusion</b> Laura (GF3)  <b>45' HIIT Cycling</b> Stephanie (GF2)	<b>All Level Flow Yoga</b> Laurie (GF1)	<b>Cycling</b> Emily (GF2) <i>(No class Feb. 14<sup>th</sup>)</i>
4 p.m.	<b>Zumba</b> Michelle (GF1) <i>(No class Feb. 17<sup>th</sup>)</i>				
5:30 p.m.	<b>Zumba</b> Dee (GF1) <i>(No class Feb. 17<sup>th</sup>)</i>	<b>(5:15 p.m.) Power Pump</b> Emily (GF1)	<b>Zumba</b> Ingrid (GF1)	<b>(5:15 p.m.) Power Pump</b> Emily (GF1) <i>(No class Feb. 13<sup>th</sup>)</i>	
6:00 p.m.	<b>Fit Yoga</b> Raluca (GF3) <i>(No class Feb. 17<sup>th</sup>)</i>	<b>Taekwondo</b> Kim Sung Bok (Combative)	<b>Fit Yoga</b> Raluca (GF3)	<b>Taekwondo</b> Kim Sung Bok (Combative)	<b>Fit Yoga</b> 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:**

All other classes are \$5 per class or \$35 for 10 classes.

